



HEALTH BY • DOING

BURKARD
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MARONEY

HEALTH • HAPPINESS • SUCCESS • SERIES

Viola M. West

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HEALTH · HAPPINESS · SUCCESS SERIES

Health By Doing

by

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PREFACE

This new series of health books contains the following characteristic features:

1. *Unit Organization.* The text material has been completely organized on the basis of units of study. Each unit of study has its own introduction in the form of interesting, concrete material to motivate the activities in it.

2. *Habit Formation.* Throughout the course emphasis is placed on a program of doing—the things to do to be healthy. The course provides the child with a definite program and procedure for fixing health habits. Habit formation must be specific. To this end a wealth of detail has been furnished for the child's guidance. No child is expected to master these habits in any one grade. The content of this book represents a standard of health habit formation that should be cumulative, extending over a number of years. The degree to which these habits are attained is an individual problem with each child. This book is built for retention. Retention is made through doing rather than merely knowing. What to do and how to do it is a prerequisite of habit formation.

3. *Learn by Doing.* This general heading at the end of each unit comprises various fields of pupil activity. This is in conformity with the title of the text itself, *Health by Doing*. Detailed outlines for the health program of the individual pupil may serve the double purpose of inventory tests or provide goals for future attainment. Thought-provoking questions and problems are provided for more effective study, as well as "Activities for Workers."

4. *Testing Material.* Tests in varied forms have been provided at the end of each unit. While the chief objective of health education is the formation of habits and attitudes, some knowledge and information are necessary for the attainment of these goals.

INTRODUCTION

To the Boys and Girls Who Use This Book:

You should examine this book carefully from beginning to end before you start to study any part of it. Read the title page, the introduction, the table of contents, the headings, and the index, together with the other pages at the end of the book.

You will find that there are no chapters. Instead there are "units" of study or work. A unit is about one central idea. It contains facts or ideas about one important topic. A study unit in health contains the most important ideas and facts connected with some subject of interest to you and your health. Large units are divided into several parts that you may learn them more easily. Each unit begins with some kind of story about the work in the unit.

At the end of each unit, and sometimes at the end of a part of a unit, you will find certain things to do under the heading "Learn by Doing." By doing the things that are suggested there, you will remember better the things you have learned, and your good health habits will probably be formed more surely and more easily. **This is the most important part of each unit. Be sure to follow these suggestions.**

—The Authors.

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THE KING AND THE JOLLY MILLER

The king would trade his land and crown for the miller's health and happiness.

UNIT 1

YOUR HEALTH

How to Have a Good Time

The King and the Jolly Miller:

A miller is a man who runs a mill. In the days of long ago, there were many small mills beside the rivers and streams. Here the people brought their grain to be ground into flour, so that they might make it into bread.

There was once a miller who lived beside the River Dee in far-off England. The miller's skin was brown from the sun, and he was strong and healthy. All the people who lived near-by loved him for his jolly nature. He spent the time singing as he worked.

One day the King of England came that way and heard the miller's song. He paused to talk to him to find out why he was so happy. What do you think the miller told the King? He told the King that he sang because he was so well and happy. He loved his work and he loved his family.

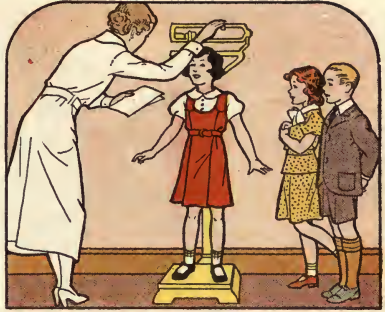
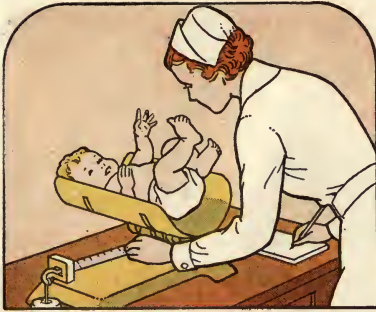
The King was worried and unhappy over many troubles that day. He envied the miller and told him he would willingly trade his kingdom if he could be happy and well like the miller beside the River Dee.

As you read this book, you may often think of the jolly miller and why he was so happy and so healthy. Perhaps you can think of some other stories that also show how much we should value health and happiness. In this book we shall learn some of the things to do that will help us to keep well and contented. Since health is valuable, perhaps you would like to know more about it—what it is and how to keep it. One of the best ways to answer the question “What is health?” is to ask a number of other questions.

How to Know You Are Keeping Healthy

Do You Gain in Weight?

The first drawing in the picture on the following page shows a nurse weighing a lively, active baby. The baby's mother takes him once a week to a hospital clinic to have him weighed. She knows the value of regular



Steady growth in weight is one of the signs of good health.

gains in weight as a sign of good health. The second drawing shows a school doctor's office. The pupils are being weighed as a part of the work the school does to help them keep healthy. *Are you gaining regularly in weight month by month and year by year?* The average monthly gains in weight for boys and girls of your age should be about eight or ten ounces. A regular gain in weight throughout the growing years is one of the signs of good health.

Do You Have Plenty of Strength?

In the drawing on page 4, the pupils are excitedly playing off a "tie score." They played hard during the regular playing



Plenty of strength for work and play is another sign of good health.

time, and now they seem to be playing harder. One point may decide the winner. Let us hope that the better team wins. *Do you have plenty of strength for your regular work and enough extra strength for extra work and play?* This is another of the signs of good health.

Do You Awake Feeling Refreshed?

The drawing on page 5 shows a very common scene. What it cannot show very well, however, is the way the girl feels. Is she ready for a good day's work in school and out? *Do you get up in the morning, feeling refreshed after a good night's sleep?*



To awake feeling refreshed is another sign of good health.

Health Without Worry:

A boy or girl who owns a fine watch or a valuable stamp collection thinks a lot of it and enjoys looking at it and showing it to friends. A healthy body should be one of our most valuable possessions. Unlike some other valuable things, the healthier the body, the less likely we are to notice it or think very much about it. It is only when something is wrong with some part of the body, or we have an ache or pain, that we are "conscious" of (think about) the body.

Are you aware of, or "conscious" of, your body? If you are not, the chances are that you are enjoying good health. Not thinking of the body or its parts is another of the many signs of good health.

Good Health Shows Itself in Many Ways:

Health, therefore, is a condition of the body and mind that shows itself in many different ways. Healthy persons gain regularly in weight throughout the growing years; they have plenty of strength for all the ordinary needs of work and play and have some extra strength stored up for some extra needs; they get up feeling fit after a night's sleep, and are not conscious of the body and its parts. In good health the different parts of the body work together nicely with each other. Good health makes it possible to plan great things and *do* them.

LEARN BY DOING

Remember—Try to Practice:

1. Weigh yourself on the same date each month.
2. Be sure you are gaining a little each month.
3. Work and play in the fresh air and sunshine.
4. Get plenty of sleep and rest.

Some Problems to Think About:

1. How do you know that you get enough sleep?
2. If you are losing or not gaining in weight, what should you do?
3. How do you compare with the other children of your own age for strength in play and games?

Activities for Workers:

1. Can you tell the story of "The Miller of the Dee"?

2. Make a chart and keep a record of your weight each month. Compare your gain with the average gain for your age.

3. Get yourself a notebook. We will use it for many things that concern health. It will be your health book. Put as many interesting things into it as you can. Cut-out pictures from old magazines can be used for illustrations. Begin by putting in your weight chart. Add other things that you wish to keep or remember from time to time. Copy into your book the things that you are to remember to practice.

4. Keep a record of how much sleep you get each night for a week.

KNOWING THAT YOU KNOW

Copy the sentences and fill in the missing words. Each short dash represents a missing letter.

The signs of good health are:

1. Regular gains in w - - - - .
2. Plenty of s - - - - - for work and play.
3. E - - - - strength for e - - - - work and play.
4. A r - - - - - feeling after a good night's sleep.
5. Not thinking too much about the b - - - or its
p - - - - .

Cleanliness



Tell what each picture is about.

UNIT 2

STAY HEALTHY—KEEP CLEAN

A Lesson Taught by Animals and Birds

Have you ever noticed how animals try to keep clean? Some animals are very fond of bathing and of the water. Elephants love to take a bath and to spray water with their trunks. Most dogs are very fond of the water, and like to dash in and out. Many horses are fond of being sponged off with cool water, and some horses even like a stream of water from a hose.

Even the animals that do not go into the water try to keep themselves clean. Does a cat try to keep clean? How does she keep herself and her kittens clean and their fur so soft and shiny? What do you know about birds and how they keep clean? Do you have a pet bird at home? Does it take a bath? Birds and animals seem to realize as well as human beings do the value of cleanliness.

Cleanliness means keeping clean. It is

something that all of us have to do. Our mothers teach us this when we are very young. Cleanliness is one of the first things in life, and everyone must think of it more or less as long as he lives. In this unit we shall learn why it is so important that we keep clean.

Why You Should Keep Clean

It Feels Good to Be Clean:

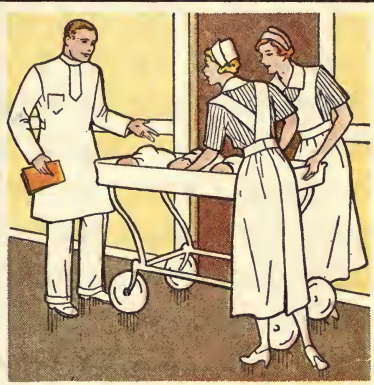
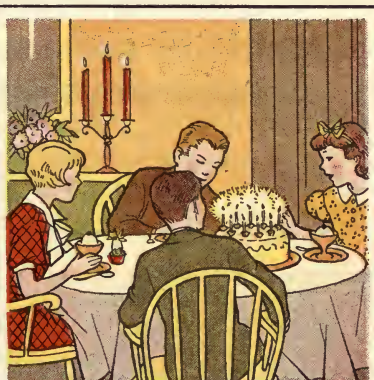
We should be clean in everything we do. There are a number of reasons why we should be clean. One of these reasons that we all know about is that it feels good to be clean. Everyone enjoys a good bath. How fine we feel afterward! It seems to give us new life and strength. Washing or bathing feels good at the time we are doing it, and it makes us feel better afterward, too.

Cleanliness Pleases Others:

Another good reason for being clean is that it pleases our friends and others who are about us. We want our friends to think well of us. We wish to have their good opinion.

If we are not clean in personal habits, our friends and others will not think well of us. Other folks do not like to have untidy or unclean people about them.

Cleanliness



Each picture tells something about cleanliness. What do you think each means?

Good Health Depends on Cleanliness:

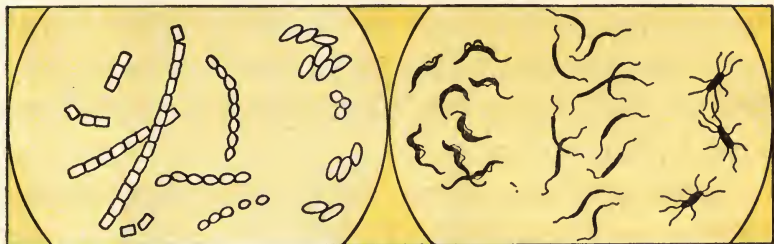
Being clean is one way of trying to keep well and healthy. The importance of cleanliness is more than just to feel good or to get the good opinion of others. It is a means of avoiding illness or disease.

People who are not clean are more likely to catch diseases than those who are clean.

Germs:

Diseases are caused by little things called germs. They are tiny plants and animals. They are so small that you cannot see them. Millions of them could be in a glass of water and you would not know it. Thousands of them could be in a single drop of water. These tiny plants and animals do not look like ordinary plants and animals, although they are living, growing things. They look more like small sticks or dots if you look at them under a microscope.

Who can tell what a microscope is like? What does it do? You should be able to see some germs in a drop of stale water taken from a ditch or a stagnant pond.



Germes

Germes are so small that they can be seen only with a microscope. This is what some of them look like. The first picture shows animal germes. The other one shows some plant germes. They are called bacteria. Bacteria cause most diseases.

Sometimes germes are called microbes. It means the same thing. Most germes are tiny plants. They are called bacteria. These big words mean about the same thing as far as you are concerned. When you are older, you may learn more about the differences in their meanings.

Good Germes and Bad Germes:

There are germes or microbes everywhere. They can be found in the earth and in dust. You may find them in the dust on the floor of your house, and they may ride on bits of dust in the air. Many of them are harmless.

A few may be found in drinking water and in food. There are many germs inside of our bodies, in the mouth, stomach and intestines, and in the blood.

Most of these germs do us no harm. Many of them are helpful. They help to digest our food and to protect our bodies. Some of these good germs do wonderful things in the making of butter, cheese, and vinegar. Other germs and microbes help to make the soil fit for the growth of plants.

There are some germs, not very many, but at least a few that are very harmful to human beings. They cause many kinds of diseases. Some insects and animals spread disease germs. Flies are especially dangerous.

Cleanliness and Disease Germs:

Disease germs get into the body through openings. We breathe them in through the nose and mouth, or take them in food or water. Sometimes disease germs can get into the body through a small cut in the skin or a sore. Most germs grow in numbers and spread rapidly in a place like the inside of the body.



1. In Dust and Air.



2. In Impure Water.



3. Carried by Insects.



4. In the Mouth.

Where Germs Are Found

You can see how important it is that we should be clean in everything that we do. We should breathe air that has no disease germs in it. Our own hands and fingers may collect disease germs. We touch many unclean things. Then we may put the hands up to the mouth, or even get the fingers in the mouth. Thus disease germs may get into the mouth. In this way they can also get in the eyes. If we have a sore or a cut and do not keep it clean, disease germs may get into it.

We must be on our guard all the time. By means of cleanliness in our ways of daily life we may be able to avoid the germs that make us sick. We need to form habits that will protect us from these harmful germs.

LEARN BY DOING

Remember—Try to Practice:

1. Be neat and clean at all times.
2. Keep hands away from the face.
3. Keep fingers out of the eyes and mouth.

Some Problems to Think About:

1. When does a wash or a bath seem most refreshing? The answer may not be the same for each pupil. Why not?

2. What are some of the things that we should do if we wish to be really neat and clean?

3. What are some of the things that you can do to help prevent disease germs from spreading?

Activities for Workers:

1. If you can find a drawing of some germs in an old magazine, paste it in your Health Notebook. If not, perhaps you can draw some.

2. Make a list of helpful things that are done for us by good germs. Put these in your notebook too.

KNOWING THAT YOU KNOW

Copy and fill in the missing words. Each dash stands for a letter.

Three good reasons for cleanliness are:

1. It feels g - - - .
2. It pleases our f - - - - - .
3. It helps to prevent d - - - - - .

Some facts about germs:

1. Some germs are h - - - - - .
2. Other germs cause d - - - - - .
3. C - - - - - helps to prevent disease germs from spreading.
4. Most germs spread very r - - - - - .
5. Germs may be found:

in the e - - - -	in w - - - -
in the a - -	in f - - -
on things that people t - - - - .	

UNIT 3

YOUR HEALTH HABITS

Some Stories About Habits

Edith's parents brought her a wrist watch from Switzerland. She was very fond of looking at it. Whenever she wanted to know the time, she held up her wrist and looked at her watch. One day the watch stopped, and it was left at the watch repair shop for a week. Edith missed her watch very much. Whenever she thought of looking at the time, she held out her wrist to look at her watch. Then feeling a little silly, she realized that her watch was not there. She had formed the habit of holding out her wrist to see her watch whenever she wanted to know the time. The habit still worked even when the watch wasn't there.

Edith's father was employed at a place about ten miles from home. He drove his automobile to work. Every day he took the same road. Down by the river, up a little hill, and over the bridge he went, day after day.



Habits

1. *What is wrong? (See page 18.)*
2. *What should he remember?*
3. *What good health habit is this?*
4. *Another good health habit. What is it?*

On Sunday he often took the family to town. This road branched off at the foot of the hill and went *under* the bridge. If he was not careful, he would go *up* the hill as he was used to doing every day. He had formed the

habit of going up the hill, and the habit still worked even when he wanted to take the other road to town.

No doubt you can tell of other amusing instances like this. A habit is a way of doing a thing without thinking about it. A habit is learned, or formed, after we have done a thing many, many times. Nearly everything that you do without thinking is a habit. The way you eat, the way you walk, the way you talk, the way you listen, the way you play, the way you work, and even the way you sleep are habits. You do them in the same way, day after day, and often year after year.

There is a right way and a wrong way to do nearly everything. Our lives are almost all habits, some good and some bad. Doing things the wrong way may cause you and others unhappiness. You can see that it is very important for you to form the right habits of living. In this unit we learn about health habits and how they are formed.

How Are Habits Formed?

Some of our habits are formed when we are quite young, before we are old enough

to think about them. Our parents take care of us in these early years and try to see that the habits we form are good ones. But as we grow older, there are more and more things to do and more habits to be formed. Our parents cannot have the same watchful care over us all the time that they did when we were babies. We are out of their sight a great deal, and we sometimes form habits before others can help us.

As we grow older, we become able to think more about what we do, and we are expected to help ourselves to form the right habits.

Why Are Habits Useful?

An interesting story is told about a man who was in charge of some road building in a wild region. One morning, a boy was watching the man get ready for the day's work. He began by taking a plunge into a stream. After a short swim, he soaped himself and went in again to wash off the soap. He followed this with a brisk rub with a towel, dressed, cleaned his teeth, combed and brushed his hair, cleaned his nails, and then prepared to start off for breakfast. The boy

had silently watched all these things and finally said to the man, "Say, mister, you're a heap of trouble to yourself, aren't you?"

It really wasn't as much trouble to the man as it seemed to the boy. The man had done these things so long and so regularly that they had become habits. The chances are that he actually *thought* very little or nothing about them. They "*did themselves*" because they were *habits*.

Good habits save time. For example, take the habit of walking. We walk without thinking how we take each step. But a child who is forming the habit of walking has a very difficult time, and it takes him a long time to learn to walk a short distance. You and I have walked so much and for so long a time that we do not have to think about it. It gives us time to think about other things.

Let us take another example, the habit of cleaning the teeth. If we form the habit of cleaning the teeth in a certain way, we do not have to decide the best way of cleaning them each time we do it. When this is done, we can think of what we are going to do



Good Habits Protect Us

What good habit does this show? How is it protecting the girl?

during the day, and clean the teeth properly at the same time. The good habit takes care of that.

Good habits also protect us from harm, because they guide us in the right way of doing things. If you once form the habit of cleaning the teeth each morning before breakfast, the habit will remind you that it is time to clean your teeth as soon as you step into the bathroom each morning. The habit will not allow you to forget, and it will even go so far as to make you feel uncomfortable if you don't clean your teeth. There are so many of these



Get a clear idea of the habit:

What to do. How to do it. When to do it.

health habits that it is a good thing that they do remind us of our duties. If we had to depend on our memory alone, we would forget ever so many of them, and that would not be good for our health. Good habits really protect us from harm.

How Can We Help Ourselves to Form Good Habits?

1. Get a Clear Idea of the Habit to Be Formed:

Your teacher will help you to get clearly in your mind just what you need to do. Read carefully what the book tells you about it. Pay close attention to the questions and



*Repeat the idea a number of times:
At home and at school.
Until you know it well.
Be sure it is correct.*

answers of other pupils. If you are not sure about what to do, ask the teacher and she will help you. Remember, before you can form a good habit, you must know exactly what you are to do.

After you have the habit clearly in mind, go over it again and again so that you will not forget it. In order to help you do this, there are placed in this book at the end of each unit the most important habits to practice. Repeat these again and again until you are sure that you know them.

2. Use This Clear Idea. Practice the Habit:
How can you “use” this clear idea?



Practice—Practice—Practice!

Begin today.

Always the Same Way.

No Exceptions.

Never Miss.

a. *Do exactly what you have been told to do.* For example, if you have in mind clearly how you should brush your teeth, brush them that way.

b. *Begin now.* For example, if you have just studied about the proper way to brush the teeth, you should start to brush your teeth in that way today.

c. *Do it as well as you can every time.* Start the habit with your whole heart and spirit in it from the beginning. Begin right.

3. Practice the Habit Regularly. “No Exceptions.”

In building up or developing a habit, practice the habit regularly. A habit gains strength by steady regular use. It is weak-

ened when you say to yourself that this time won't count, anyway, if you fail to do the thing that you are trying to make into a habit. After the habit has become strong, you will not have to think much about it. It will "do itself" at the proper time. In order to build strong habits and build them as quickly as possible, practice the habit regularly, at the right time and in the right way.

Remember, a good habit will repay you many times for any effort it may cause you in the beginning.

What Health Habits Are Needed?

The health habits we need are those which are best suited to the proper growth and care of our bodies. The outer part of the body (the part we see) is covered with the skin and special forms of the skin called hair and nails. For the sake of appearance and for other reasons directly connected with good health, we need a number of useful *Habits of Personal Cleanliness*.

In order to grow, the body needs food. Good *Food Habits* are necessary to good health. Waste products are formed when

food is used up inside the body. These waste products can poison us if they are not regularly removed (eliminated) from the body. Proper *Habits of Elimination* are safeguards to health.

Bones and muscles help us to hold the body erect and to move from place to place. Besides good food, the body needs exercise for growth and health. Good *Habits of Exercise* in the *Fresh Air and Sunshine* are excellent body builders. The way you walk, stand, sit and run, are *Habits of Posture*. There are good and bad postures. Poor postures must be avoided. Good postures should be made into strong, useful habits.

When we become tired, rest and sleep give us strength and energy for a new day. The benefits are greatest when good *Habits of Rest and Sleep* are formed.

For protection against dangers on the street, in the home, and elsewhere, we need *Habits of Safety*. Accidents can happen so quickly that safety habits should be strong and well developed. They should be useful enough to protect us from many dangers.

Practice Good Habits Only

The things you do from day to day become habits. You must be on your guard about what you do, what you eat, what you drink, to avoid bad habits. Habits can be harmful as well as helpful. Good habits will help you to be healthy, happy, and successful.

LEARN BY DOING

Remember—Try to Practice:

To form good habits:

1. Get a clear idea of the habit:
 What to do.
 How to do it.
 When to do it.
2. Repeat the idea in your mind:
 Until you know it.
 Study at home.
 Keep repeating the idea.
3. Start today:
 Never miss.
 Always the same way.
 No exceptions.
 Do it with spirit.

Some Problems to Think About:

1. How early in life do we start to form health habits?

2. Who takes charge to see that we form our first health habits properly?

3. Who must take care of this when we grow older?

Activities for Workers:

1. From an old magazine cut several pictures that can be used to show a health habit. Paste them in your health book.

2. Draw a huge chain with links. Write a health habit inside each link.

3. Make a list of good health habits that **you** have already formed.

KNOWING THAT YOU KNOW

Write the answers on a separate piece of paper.

1. What is a habit? (see page 20).

2. Name three good health habits.

3. Name three good rules for forming health habits.

4. Good health habits are important because:

They save t---. (page 22).

They help us to r-----. (page 22).

They p----- us from harm. (page 23).

5. Some of the different kinds of health habits are: (pages 27-28).

Personal C-----

F--- Habits

El-----

E-----

Fresh Air and S-----

P-----

R--- and S----

S-----

UNIT 4

YOUR SKIN

The Story of a Wonderful Suit of Armor

In the old days knights and soldiers wore suits of armor. These suits were made of iron or steel and covered their bodies from head to toes. That was because men fought with bows and arrows and swords. It was almost impossible to hurt them unless the sword or the arrow found a crack between the pieces of steel that made up the suit of armor. Thus the suit of armor covered men and protected them from harm. Men took great care of their armor because their lives depended on it. They were proud of its appearance, too, and kept it clean and polished at all times.

Each of us wears a wonderful suit of armor. This wonderful suit of armor is our skin. It protects us against pain and against disease germs. If there is a break or a crack in our skin, it will be painful and we must be

careful to keep disease germs from getting into it. Your health depends on taking good care of your suit of armor.

How to Take Care of Your Suit of Armor

The skin covers and protects the body. In order to keep the skin clean, we have to remove the dirt that gets on it. We also have to take into account the perspiration (sweat) and oil that passes out of the body through tiny openings, or "pores," in the skin. Perspiration is one of the waste materials of the body. The oily liquid is spread over the skin to keep it soft and smooth. It is this oil which makes it harder to keep the skin clean, for oil and water do not really mix. When soap is mixed with water, especially with warm water, the soap helps to loosen the oil, grease, and dirt. The dirt can then be washed off more easily and carried away in the soapy suds and the clean rinse water that you use.

PART I. KEEP YOUR HANDS CLEAN

The hands are used so much that they need washing oftener than other parts of the



Wash the Hands

- 1. Before going any place.*
- 2. Before meals.*
- 3. After the toilet.*
- 4. Before going to bed.*
- 5. Whenever necessary.*

(Don't forget the wrists, arms, and elbows.)

body. Remember that to get them really clean, you should use warm water, soap, and a nail brush. Wash them under running water, whenever possible. Why? Dry them well, especially in cold weather. This helps to prevent the skin from becoming rough and cracked, or "chapped," as it is called.

Wash Hands:

- 1. Just before going to school, to church, on a visit, or anywhere that you will be ex-*

pected to present a neat appearance. If you wish to be considerate of others be sure to keep your hands clean. Dirty hands will soil whatever they touch. Be sure that your hands are clean before going to school.

2. *Before meals.* You may have been handling something or may have been playing with something unclean, something with disease germs on it.

3. *After the toilet.* The hands always should be washed after going to the toilet for the feeling of cleanliness you get by doing this. It also helps to prevent possible danger from disease germs.

4. *Before going to bed.* Whether your hands look dirty or not, you should wash them before going to bed. There may be dirt and germs on them that you cannot see. During sleep, the hands may touch the face, especially the eyes or the mouth. Therefore, *always* wash the hands before going to bed.

5. *At other times.* There are many times during the day when the hands should be washed. Wash them after working or playing, for something may have soiled them.

Care Properly for Your Finger Nails:

The finger nails are a part of our suit of armor. They help to protect the ends of our fingers. As soon as you have washed your hands, you should clean the nails. Remember, the nails make your hands look more attractive when they are clean, well shaped, and trimmed to proper length.

Clean Your Finger Nails:

1. *In the morning*, when you wash before breakfast.

2. *Before meals*.

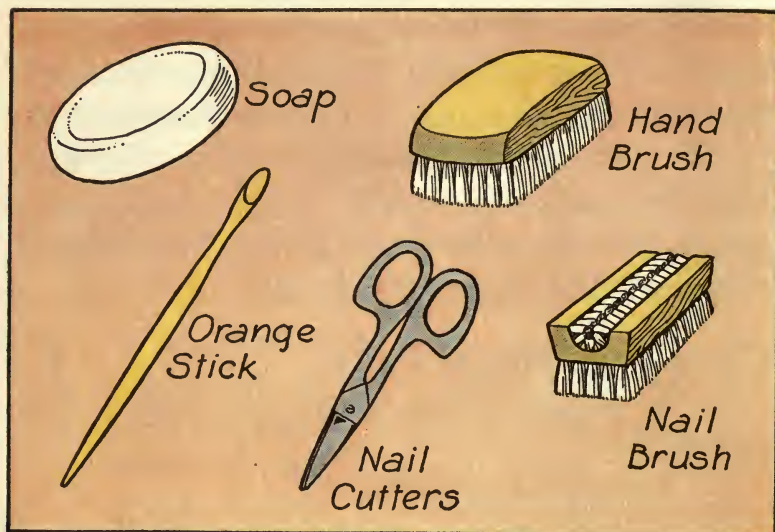
3. *Before going out* where you will meet people whose respect you wish to keep. Clean them before going to school, to church, to work, or before going visiting.

4. *After work or play* that may have caused the nails to become dirty.

5. *Before going to bed*.

Proper Care of the Finger Nails:

1. After washing your hands, *use a small nail brush* like the one shown in the illustration, and brush your nails gently with warm, soapy water.

For Cleaning the Nails

Tell what each is for.

How should each be used?

2. If possible, use an "orange-stick" or the blunt end of a nail file to clean out the dirt under the nail. The soft wood of the orange-stick or the blunt end of a nail file is better for this purpose than the sharp metal blades of knives or scissors.

3. *Push back the skin* at the bottom of the nail gently with an orange-stick while the skin is still soft from the water. This will help to prevent a sore and painful condition

known as "hangnail." Wood is better than metal for this purpose. It is softer and is not so likely to tear or rip the skin.

4. *Trim the nails.* Do not allow the nails to grow too long. They become unsightly and are much harder to keep clean. It is hard to give a rule as to how often the nails should be trimmed, because the rate of growth varies with different people. It is safe to say they should be trimmed about once a week, and more often if necessary.

Do not bite the finger nails! This bad habit results in stubby, unattractive-looking fingers, and often leads to painful sores.

LEARN BY DOING

Remember—Try to Practice:

1. Always wash your hands:
 - Before going to school.
 - Before meals.
 - After going to the toilet.
 - Before going to bed.
 - Whenever necessary.
2. Clean the finger nails:
 - When you wash the hands.

3. Directions for care of finger nails:

Use small brush, soap, and warm water.

Use orange-stick or rounded end of file.

Push back the skin gently.

Do not trim the nails too close.

Problems to Think About:

1. What habits of personal cleanliness should be practiced each morning to get ready for school? How can you be sure to get enough time for them?

2. Is it wrong to get hands dirty at work or play? What should be done afterward?

3. Would rough hands be harder or easier to keep clean than smooth ones? Why? How can the skin be kept smooth?

4. Why is biting the nails a bad habit?

Activities for Workers:

1. Arrange a paper on which you can keep a count of the number of times you wash your hands in a day. Keep this record for a week or longer. Use the record to show whether or not you are caring properly for your hands.

2. Show the class the best way to wash the hands.

3. Show the class the proper way to dry the hands.

4. Arrange on a card or table the "tools" used for caring for the nails. Put the proper name on each "tool."

5. Show the class the proper ways of using the proper "tools" for caring for the nails.
6. Help with a daily "inspection" of the hands.

KNOWING THAT YOU KNOW

On your paper fill in the blank spaces with the correct words.

1. The skin covers and p - - - - - the body.
2. The tiny holes in the skin are called p - - - -.
3. Another name for sweat is p - - - - - - - - -.
4. O - - which comes out of the pores helps to keep the skin soft.
5. Soap and warm water are necessary to remove o - -, g - - - - -, and d - - - from the skin.
6. After washing with soap, the hands should be rinsed with c - - - - water.
7. Clean hands help to keep disease g - - - - out of the mouth.
8. Finger nails should be cleaned when you wash your h - - - -.

PART II. KEEP THE REST OF YOUR SKIN CLEAN

Remember the need for using soap with warm water to loosen and remove oil, grease, and dirt from the skin. This includes the skin of the face, neck, body, arms, legs and feet.



When Washing the Face

Be sure to wash all the "hard-to-reach" places (eyes, ears, and neck).

Wash Your Face, Neck, and Ears:

1. *Each morning before breakfast.* It will make you feel much better, your appearance will be better, and your self-respect will be greater.

2. *Each night before going to bed.* Why? (Two reasons.)

3. *Whenever necessary.* (Name some times when it might be necessary.)

It takes time to wash the face, neck, and ears thoroughly. Follow these directions in order to make them *clean*:

1. Use soap, water, and a wash cloth.
2. Be sure to wash all around your neck, well down to your chest, and back of your ears.
3. Be sure to wash the "hard to reach" places in the outer parts of the ear.
4. Be sure to wash the corners of your eyes, especially the corners nearest your nose.

Keep Your Wash Cloth Clean:

1. Use one that belongs to you and to no one else.
2. Rinse the cloth out, after you are through with it. Wash it often with warm water and soap.
3. Hang it up (or spread it out) to dry.

Baths and Bathing:

1. Wash daily with warm water and soap those parts of the body that perspire freely, such as the feet and under the arms. Wash also each day the parts connected with the elimination of body wastes.
2. Take a bath, using plenty of warm water and soap, at least twice a week. In



After a Cool Bath

A good rub-down or drying off with a rough towel will make you feel fine. It is healthful, too.

hot weather, these cleansing baths will be needed oftener in order to keep the body clean. One of the best times to take a warm bath is just before going to bed, as the effect of the warm water upon the body is quieting and will help you to go to sleep.

A clean body deserves clean clothes. Put on clean underclothing after a cleansing bath. Remember, also, never use a towel some one else has used. Why?

3. Bathe with cool, or cold, water each morning. If it is not possible to wash the whole body, dash cool water over the upper part of the body, the arms, shoulders, and chest. After a cold bath, rub the body with a coarse towel. This soon brings back warmth and a fine healthful feeling to the whole body.

If this warmth and pleasant feeling do not quickly return to the body, it shows that the person cannot "stand" a cold morning bath, and should take such baths only on the advice of a doctor.

Clean and Trim Your Toe Nails:

Like the finger nails, the toe nails are a part of our armor, and protect the ends of the toes. The toe nails should be trimmed and cleaned at regular times. The best time is after a warm bath, when the nails and skin surrounding the nails are soft. Cut the nails straight across, not too close to the "quick." The "quick" is the tender skin underneath the nail. People who cut their toe nails too close and then wear shoes that are too tight may develop a painful condition

known as an "in-growing" toe nail. The "in-growing" toe nail often has to be cut out in order to cure it. If you cut your nails straight across, and wear shoes that fit you properly, you will not be troubled by an "in-growing" toe nail.

LEARN BY DOING

Remember—Try to Practice:

1. Wash the face, neck, and ears:
Morning and night.
At other times when needed.
Use soap and wash cloth.
Wash behind the ears and in hard to reach places in the ears.
2. Wash the whole body:
Cool baths in the morning.
Warm baths at night—at least two a week.
3. Keep your wash cloth clean:
Have one of your own.
Rinse it out.
Hang it up to dry.
4. Care for toe nails when you take a bath:
Do not let them grow too long.
Do not cut them too close.
Trim straight across.

Problems to Think About:

1. Which is better for cleansing, cool water and soap or warm water and soap?
2. What are the best ways to take baths when there is no bathroom in the home?
3. Why should you use only your own towel and wash cloth?
4. Where should the wash cloth be placed to dry?

Activities for Workers:

1. Arrange a paper on which to keep a count of the times you wash your face, neck, and ears in a day. Keep the record for a week or longer. Use the record to show whether you are caring properly for those parts of the body.
2. Keep a record of the number of baths you take. Does the record show proper care of the body?

KNOWING THAT YOU KNOW

1. Name four places that should not be overlooked when washing the face.
2. Name three things that should be used in washing the face.
3. What is a cleansing bath? What other kinds of baths are there?
4. Why is it better to take a warm bath in the evening just before going to bed?
5. Why is the morning the best time to take a bath in cool or cold water?
6. Give three rules for care of the wash cloth.

7. What causes an "in-growing" toe nail? How can it be avoided?

PART III. KEEP YOUR HAIR AND SCALP CLEAN

The hair is a part of the skin, just as the finger and toe nails. The hair is an ornament to the body and protects the head against heat and cold. It is worth the best care and treatment that can be provided for it. The scalp is the skin that covers the top of the head. It needs care to keep it clean and healthy.

Comb and Brush Your Hair:

1. Each morning before breakfast.
2. Before meals.
3. Each night before going to bed.

The comb will arrange and separate the hair, giving it a neat and well-cared-for appearance. A wide-toothed comb is best. The brush is useful in a number of ways and at least one vigorous brushing of the hair should be done each day. The brush helps to arrange the hair and to remove the particles of dead skin that collect on the hair and scalp. It also spreads the natural oil over



Brush the hair often and well. This will make it soft and glossy.

the hair to make it soft and “glossy.” If the brushing is done with strong strokes, the brush will rub, or stroke, the scalp and help to keep it healthy. Always use your own brush and comb and wash them often to keep them clean.

Wash Your Hair and Scalp to Keep It Clean:

Wash your hair with a good soap and warm water. Rinse thoroughly with cool water. Dry the hair with a coarse bath towel. Girls often find it necessary to finish the drying in the sun or by the use of some other form of gentle heat. It is far better to dry the hair with the sun than by any heat machine.

It is hard to give an answer to the question, "How often should the hair be washed?" that will suit every person. In a general way, men and boys should wash the hair with warm water and soap at least once or twice a week. Women and girls, with longer hair, should wash their hair at least once every week. People who work or play in dusty places will have to wash their hair much oftener than this. In order to keep a boy's hair clean, especially in hot weather, and if he plays much of the time out of doors, it may be necessary to wash it every day. If the hair becomes too dry, it is a good thing to rub a little vaseline or olive oil into the scalp with the tips of the fingers. Under ordinary conditions, however, this will not be necessary. Brushing will spread the natural oil over the hair and scalp.

Have the Hair Trimmed Often:

When a boy's hair gets too long, it is hard to comb and brush neatly. It is hard to keep it clean. Have the hair trimmed often enough to make it easy to keep clean and neat.

Many styles of girls' "bobbed" hair have to be trimmed at regular times to keep a neat appearance. Hair that is well trimmed is much easier to brush, comb, and wash.

LEARN BY DOING

Remember—Try to Practice:

1. Brush the hair well:

Use good strong strokes.

Whenever you wash your face.

Whenever it may be necessary.

2. Use only your own brush and comb.

3. Wash the hair:

Use warm water and soap.

Rinse with cool, fresh water.

Boys—once or twice a week.

Girls—not too often (depends upon conditions of hair and scalp).

4. Wash the brush and comb:

Often enough to keep it clean.

Problems to Think About:

1. What good does dry brushing do the hair?

2. Why is it so important to use only your own brush and comb?

3. How often do you wash your hair? Are you satisfied that it is often enough or not too often? How could you find this out?

Activities for Workers:

1. Arrange a paper on which you can keep a count of the number of times you brush and comb your hair in a day. Keep the record for a week or longer. Use the record to show whether you are caring properly for the hair.

2. Show the class proper ways of brushing and combing the hair. Help with a daily inspection of pupils for the appearance of the hair.

KNOWING THAT YOU KNOW

Match these sentences. Complete the sentence in Column I by finding the correct ending in Column II. Write the complete sentence on a separate sheet of paper or in your notebook.

Column I

1. The hair
2. Good brushing helps to make
3. The scalp is the
4. Men and boys should wash the hair
5. Women and girls should wash the hair
6. The hair and nails are ...

Column II

- (1) ...skin that covers the top of the head.
- (2) ...is an ornament to the body.
- (3) ...once or twice a week.
- (4) ...parts of the skin.
- (5) ...not so often as men and boys.
- (6) ...the hair soft and glossy.

UNIT 5

YOUR NOSE AND THROAT **Two Gateways That You Must Guard**

We must put locks on our doors to keep out people who should not enter our houses. The United States has men on guard to prevent people who might do harm from coming into the country. In the old days, each castle had a bridge at the gate, which could be drawn up. It was called a drawbridge. It was pulled up to prevent enemies from entering. Cities and towns had walls around them, and people might enter only at the gateway to the city. At these gateways, soldiers were kept on guard at all times, and at night the gates were closed. Only those people who could prove they meant no harm were allowed to come in. In times of danger, extra soldiers were put on guard at the gates.

You Must Be on Guard!

Your body has two gateways that are open to enemies. They are your nose and your

mouth. The enemies that may enter are disease germs. The germs of most diseases enter by either one of these two gateways, either the nose or the mouth. The gateway at the nose is open all of the time for breathing. The gateway at the mouth is open when you talk, laugh, and eat. We must therefore be on guard at all times against germs entering by either of these two gateways.

How to Care for Them

Keep the Nose Clean:

1. Keep the inside of the nose clean (the outside of the nose will be cleaned, of course, when you wash your face). The nose should "feel clean" inside at all times. Clear the nose at night, before going to bed, and again in the morning when you get up. Clear it during the day in order to clean out dust and dirt that may have been breathed into the nose.

The nose will need blowing oftener when you cry and when you have a cold. When you cry, some of the water of the tears passes through little tubes leading into the nose.

Clear the Nose Properly

Gently.

One side at a time.

Use a clean handkerchief.

Turn to one side while blowing the nose.

Think of others.

When you have a cold, the inside of the nose "fills-up." The nose "runs."

2. *Use a clean handkerchief.* An unclean handkerchief is not pleasing for others to see, and it is not wise for you to use one.

3. *Clear the nose gently.* Do not blow the nose hard, or strain, in order to clear it. Blowing your nose too hard may cause it to bleed, or it may give you ear trouble. The safest way to blow the nose is to blow one side at a time, holding the other side closed.

4. *Clean the nose in private.* Whenever others are present, turn aside or step out of the room for a moment or so in order to clear the nose. If you have a cold, attend to the cleaning of the nose before you go to the table. If further attention is needed to the nose, excuse yourself from the table for a few moments to blow the nose.

5. *To remove a "foreign" body from the nose.* A "foreign" body, such as a shoe button, piece of wood, or other substance may become lodged in the nose. If it cannot be removed by blowing the nose, the following "first aid" measure may be tried: Hold a piece of gauze or a handkerchief over the mouth, close the free nostril (side of nose that is open) with a finger, and blow hard into the child's mouth. If this method is not successful, call a doctor at once.

Care in Coughing and Sneezing

Cover the Mouth and Nose:

Cover the mouth and nose with a handkerchief when coughing or sneezing. Turn the head aside at the same time, away from



When Sneezing or Coughing

Turn head away.

Use a handkerchief.

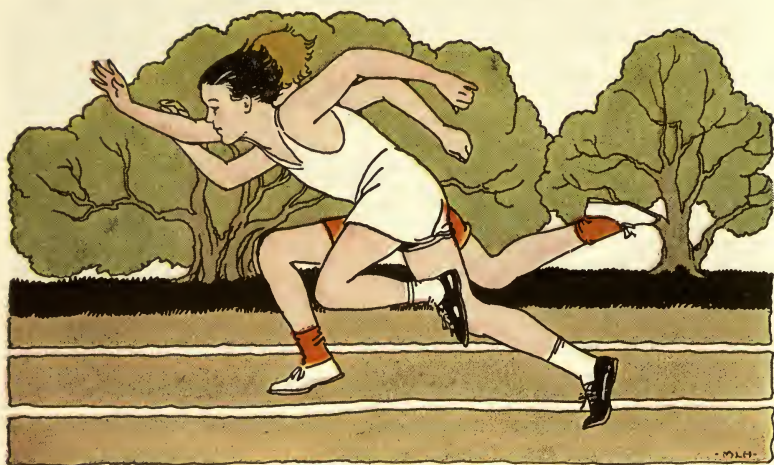
Be as quiet as possible.

Excuse yourself.

Protect others.

others, or from food or drink. This is a polite and healthful thing to do. By using your handkerchief you help to prevent others from being sprayed by the tiny drops of moisture that are forced out of the mouth or nose when coughing or sneezing. This helps to prevent others from "catching a cold" from you (or possibly some other disease that may be spread in this way). It also smothers the sound of the cough or sneeze.

Act promptly when you feel the warning



Breathing Through the Nose

All good athletes breathe naturally. It is natural to breathe through the nose. In great effort it may be necessary to breathe through the mouth. Nose breathing is natural breathing.

signal that comes just before a cough or sneeze. Get your handkerchief ready and hold it in your hand, before you cough or sneeze. Afterward is too late. It is considered good manners to excuse yourself after you cough or sneeze.

Breathe Through the Nose:

Breathe through the nose, not the mouth. You can get all the air you need by breathing

through the nose. The mouth is for eating, the nose for breathing. Breathing through the nose warms the air, and helps to make it pure. If you do not breathe easily through the nose go to the school doctor, or your family doctor. Breathing through the nose is sometimes prevented by the growth in the upper part of the throat called "adenoids." The nose is the proper organ for breathing; be sure you breathe through it. "Breathe well—live well!" When mouth breathing is continued for a long time, it may change the expression of the face and make the mouth breather look dull and stupid.

Keep the Hands Away from the Nose and Mouth:

There are two reasons for keeping the hands away from the nose and mouth. In the first place, it does not look well. In the second place, it is a dangerous thing to do. Your hands touch many things during the day, and it is likely that even though they look clean and feel clean, there may be disease germs on them. These germs easily get into the body through the nose or mouth.

Keep Other Things Away from the Mouth:

From what you have just read about keeping the hands away from the mouth, you should be able to think of good reasons why pens, pencils, and other things should not touch the nose or mouth. Who can name some reasons?

Be sure you include these:

1. *Accidents often happen* from having things in the mouth that should not be there. Small articles such as coins, pieces of food, or other substances sometimes become lodged in the throat. There is great danger of choking. Act quickly. Send for a doctor. If the foreign body can be seen, it may be possible for a person to reach in and remove it with a pair of pincers. Hold the person's head down and slap the back forcibly. If a pin, a needle, or other sharp object is stuck in the throat, call a doctor at once.

Sharp or pointed objects should not be brought near the nose or mouth. A sudden bump from another person, or a stumble and a fall, may cause the pointed object to run deeply into your mouth, cheek, or nose.

2. *There is danger of disease* from putting a penholder or pencil into your mouth. You don't know who may have had it in his mouth before you. There is always danger of catching colds, whooping cough, measles, scarlet fever, diphtheria, or some other disease in this manner.

3. There is still another reason why you should not put penholders and pencils in the mouth, although it does not directly concern your health. You will generally bite or chew on them. *It is wasteful* to destroy things by biting on them and chewing them. Besides that, think how babyish it must seem to others to see a large boy or girl chewing on something like a little baby. We watch the baby and keep him from putting such things into his mouth. This practice should not be necessary with older boys or girls. Keep all things out of the mouth that really do not belong there.

Do Not "Trade" with Others Things That You Have Had in Your Mouth or That Have Touched Your Mouth:

It does not sound nice even to talk about

this. Yet you sometimes hear of thoughtless persons exchanging or trading taffies or even chewing gum. Besides being a disgusting thing to do, there is danger of passing the germs of different diseases from one person to another in this manner.

LEARN BY DOING

Remember—Try to Practice:

1. Blow the nose:
Before going to bed.
When you get up.
During the day.
Gently.
In private.
Never swallow waste matter.
Use a clean handkerchief.
2. Coughing and sneezing:
Always cover nose and mouth.
Smother the sound.
Use handkerchief.
Turn head aside.
Excuse yourself.
3. Breathing:
Through the nose, awake or asleep.
Mouth breathing is unhealthful.
See the doctor if necessary.

4. Keep hands away from face:
Your face and others (babies especially).
5. Keep away from nose and mouth:
Pens, pencils.
Sharp or pointed things.
Small objects.
6. Don't exchange with others:
Things that have been in or near the mouth.

Problems to Think About:

1. Why should we keep hands away from the mouth?
2. Why is it dangerous to put money in the mouth?
3. Name some objects that should be washed after they have been used for eating or drinking, before they are used again by ourselves or others.
4. Is it dangerous to eat fruit or food that has been partly eaten by some one else? Why?
5. Is kissing the baby on the mouth dangerous for him? Why?
6. Find out what is meant by a "foreign" object in the mouth, nose, eye, or ear.

Activities for Workers:

1. Be sure to bring a clean handkerchief to school each day.
2. Handkerchief Drill: Practice blowing the nose quietly and gently.

3. Pretend you are about to sneeze. Show the class how you would protect others by the proper use of your handkerchief.

4. Practice running with the lips closed.

5. Tell good ways to break these habits:

(a) Biting the nails.

(b) Sucking the finger or thumb.

6. Find out what is meant by "Oral Hygiene."

KNOWING THAT YOU KNOW

On a separate sheet of paper, write the missing words. Each dash represents a missing letter.

1. F--- enters the body through the mouth. Breathe through the n---.

2. We should keep un----- things away from the nose and mouth.

3. We should keep hands and other objects away from the eyes, nose, and mouth because:

(a) It does not l--- n---.

(b) They may have d----- g---- on them.

(c) There is danger of an a-----.

4. We should turn the h--- when coughing or sneezing at the table.

5. To c---- the mouth or the nose when coughing or sneezing is very important, especially in s-----.

6. Always carry a clean h-----.

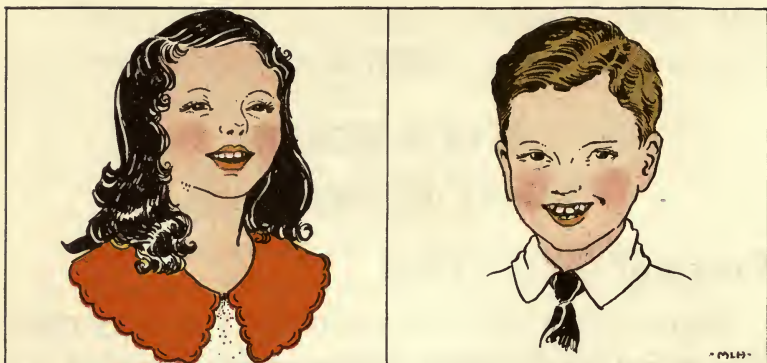
UNIT 6

YOUR TEETH

A Story of Some Pearls

Pearls of Great Value:

Some day when you are older you may read the story of Captain Nemo who traveled all around the world under the water. He had a boat in which he could go great distances under water and see many interesting things. One day he and his men found some giant oysters with great pearls inside of them. These pearls would have made these men very rich indeed for even a small pearl, if it is a true pearl and not an imitation, is very valuable. Have you ever seen one? Can you describe its appearance? Good teeth are like fine pearls. They are very valuable. Why? They are beautiful, too. Sometimes poets call such teeth pearls. In this unit we shall learn how to take care of our teeth so that they will be valuable like pearls.



Pleasing. Why?

Ugly. Why?

Why Good Teeth Are of Great Value

1. *Eating.* We need good teeth in order to chew our food well.

2. *Talking.* We cannot make certain sounds properly if certain teeth are missing.

3. *Appearance.* Beautiful teeth help to give us a pleasing appearance. Yellow teeth, decayed or missing teeth spoil the appearance of the mouth and face, especially when you laugh or smile.

4. *Good Health.* Bad or decayed teeth often cause toothache and other kinds of illness. Sometimes they cause bad breath. If we cannot chew our food well, we may get indigestion.

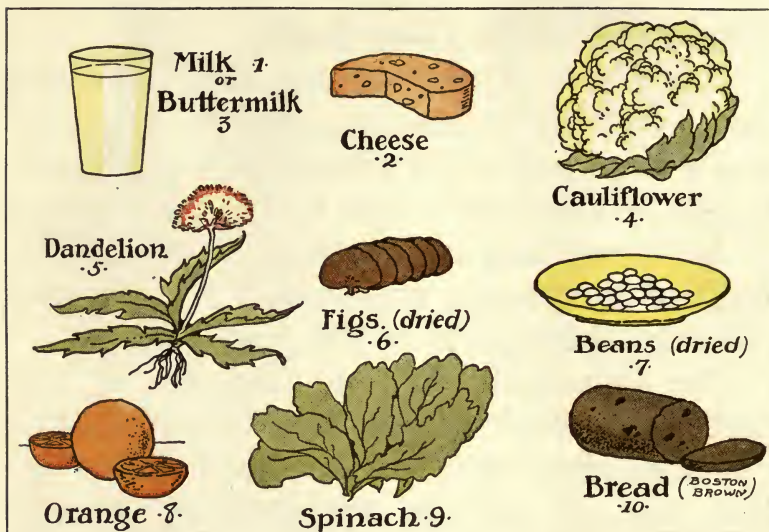
How to Take Care of Your Pearls

Good Food Builds Good Teeth:

If you wish to build a house that will stand up against the storms that might destroy it, you must choose the proper building materials. It is the same with teeth. If they are to be strong and resist decay, they must be built of the proper materials. These materials are obtained from the foods we eat.

The principal building material of the teeth, and also of the bones, is a substance called calcium, or lime. The body makes the best use of calcium for building strong, sound teeth when it is supplied with milk, fresh fruits, and vegetables. Plenty of sunshine is needed also. When it is not possible to get plenty of direct sunshine, cod-liver oil is a good aid to strong bones and teeth.

Milk is one of the most important foods for calcium, or lime. Growing children of elementary school age should have from a pint and a half to a quart of this valuable food a day. Babies should be given all the milk that it is proper for them to have. Many fresh or "green" vegetables supply tooth

For Good Teeth*Eat Bone-Building Foods*

The foods containing the greatest amounts of calcium in a helping are shown in the order of the numbers.

and bone-building materials. The best for these purposes are spinach, carrots, fresh cabbage, lettuce, collards, and turnip and beet tops. Some calcium, or lime is also found in other vegetables. Oranges, pineapples, and other raw fruits such as figs and raisins should be eaten for the aid they give in helping to form good, strong teeth.

Eggs and meat contain some tooth-building substances. Whole milk, fresh green vegetables, and fresh fruits contain the vitamins that are needed by the body in order to grow strong and healthy. Remember that the body makes the best use of the calcium in these foods when you spend a lot of time out of doors in the sunshine.

Many doctors and dentists believe that one of the chief reasons why some people's teeth decay more easily than others is to be found in the kind of foods that were eaten while the teeth were forming under the gums. When you know that the teeth are growing underneath the gums even at the time of birth, it is easy to see that the use of proper tooth-building foods should be begun very early in life. It is never too late to help yourselves to stronger and sounder teeth by more careful attention to the kinds of food you eat. After the teeth appear, you should continue to eat plenty of the calcium-containing foods that were listed in the preceding paragraphs. These foods help form good, strong bones, as well as good teeth.

Brush Your Teeth

The teeth should be brushed to rid them of particles of food that may lodge in the teeth or between the teeth. Brushing also helps to remove film and harmful germs which may collect on the teeth. The cleaning method used must be one that reaches each part of every tooth. The brushing should be kept up until the teeth are polished and thoroughly cleaned. The brush can also be swept over the tongue to clean it.

When to Brush the Teeth:

1. *Before breakfast.* This is a good time, because it can be done while you are taking your morning wash. Along with the other cleaning that you do, it will help you to start the day right.

2. *After meals.* If possible clean your teeth after meals. If a thorough cleansing is not possible, rinsing the mouth in clean water will remove many loose particles of food from between the teeth. Use dental floss, if necessary, to remove particles of food that are tightly held between the teeth.

3. *Before going to bed.* Everyone should always clean the teeth thoroughly before going to bed. Most decay takes place during the long hours of sleep when it can do its harmful work without interruption. Food left on the teeth or between the teeth overnight often causes an unpleasant taste in the mouth in the morning.

How to Brush Your Teeth:

Brushing the teeth so that no surface is missed is not easy. In order to reach every spot it is best to have a clear plan in mind, and to *follow that plan every time you brush your teeth.*

1. Use a small brush. It should not be too old or soft. Uneven bristles help to reach the places between the teeth.

2. Begin at the back, and try to brush each tooth separately. Gradually move the brush to the front of the mouth.

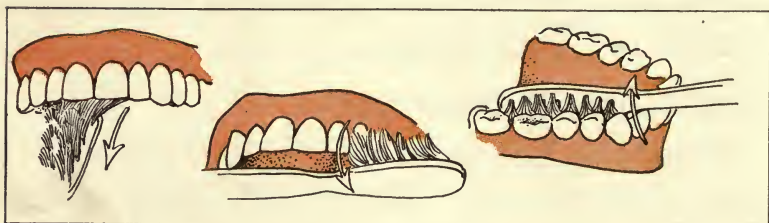
3. Brush the outside surfaces first, then the inside, and last the top of the lower teeth, and the bottom of the upper teeth.

4. Brush the teeth in the upper jaw first, then the teeth in the lower jaw.

5. Then brush lightly:

1. The roof of the mouth.
2. The tongue.
3. The gums.

6. Be sure not to miss any place, and try hard to reach the spots between the teeth.



How to Use the Toothbrush

What to Use:

1. *Toothbrush.* The brush should fit the mouth. Select a small brush with bristles that are fairly stiff. Avoid using a brush that is too large, or one with bristles too soft to remove particles of food from between the teeth, or with bristles so stiff that they may injure the gums.

Have your own personal toothbrush. Never use one that belongs to some one else or permit anyone else to use your brush.

Wash your toothbrush under cool, run-

ning water after using it. Keep it in a clean place. Hang it on a toothbrush rack or place it in a tumbler or glass, with the brush end sticking up where it can dry in the fresh air. It is a good plan to have two brushes, so that one can dry for twenty-four hours after using it.

2. *Water.* Use plenty of clean water while brushing your teeth. Where possible use running water for this purpose.

3. *Tooth powder or paste.* When you wash the hands, you need something besides the water. You need soap, too. So, in cleaning the teeth, a good powder or paste is necessary. If you wish to have a good tooth powder at a little cost, turn to page 310. Have your druggist follow the directions given there.

4. *Mouth Wash.* A mouth wash is useful in rinsing out the food particles that have become loosened by the brush. Warm water, or salt water made by using a teaspoonful of salt to a pint of water, are excellent mouth washes. The advertised mouth washes purchased at drug stores serve the same pur-

Dental Floss

Cleans between the teeth where your toothbrush cannot reach. Pull it gently back and forth between the teeth.

poses. They are usually flavored to leave a cool, pleasant taste in the mouth. Force the mouth wash back and forth between the teeth. Finish by rinsing the mouth with plain water.

5. *Dental Floss.* Dental floss is a thread with a thin coating of wax and can be purchased at drug stores. Dental floss is used to loosen particles of food that cannot be removed by the brush. It should be forced gently between the points of the teeth that touch so that it will not cut into the gums

and make them bleed. Draw the thread slowly back and forth to make it pass these points rather than force it through too fast. Rinse the mouth well after using dental floss.

Exercise the Teeth and Gums:

The teeth and the gums are helped by the exercise that comes to them from chewing medium hard foods like crusts of bread and toast. Vegetables such as crisp celery, lettuce, and raw cabbage, and the skins of a number of fruits give the teeth and gums this kind of exercise, and help to clean the teeth as well. Proper methods of cleaning the teeth call for a gentle "massage" of the gums. The brush should be swept over them as the teeth are cleaned.

Protect the Teeth from Injury:

Very hard things such as nuts and hard candies may injure the teeth. The outer covering of the teeth is brittle and may be cracked by these harmful practices. When the outer covering of the teeth is cracked, the teeth will decay easily. Crust of bread and toast will not injure ordinary teeth.

The Dog Wins!

Tough foods exercise teeth and gums. Why feed the crust to the dog? Do dogs have good teeth? Why?

Visit the Dentist Before You Have Toothache:

If you wait until your tooth hurts you before going to the dentist, it may hurt you a great deal to have it treated. Besides that, you may have had a decaying and unclean tooth in your mouth for weeks before the pain forces you to go to a dentist. Better go before you have any pain. Then the dentist can give you treatments that do not hurt and your teeth will not become badly decayed. How often should you go to the dentist?

Visit the Dentist*Before Going**After Going*

It hurts less to have your teeth attended to immediately. Later it may hurt more. If you go regularly, it may not hurt at all.

About twice a year, or once every six months. It is best to set aside regular months each year, for instance, December and June.

There are four teeth often called the "sixth year molars" that should receive special care from the first time they make their appearance. These are the first permanent teeth that come through the gums. They appear at about the age of six years. Each of these is the sixth tooth on each side of the middle line of the upper and lower jaws. They are often mistaken for the temporary teeth and

are neglected. These sixth year molars are needed to grind the food while the temporary teeth are being replaced by the permanent ones. They also help to make the second or permanent set of teeth appear in their regular positions in the jaws and prevent irregular looking teeth. Brush and clean your "sixth year molars" (if you still have them) with great care. Go regularly to the dentist to prevent decay in these or any other of your teeth, either temporary or permanent.

LEARN BY DOING

Remember—Try to Practice:

1. Build good teeth with:

Milk.

Vegetables.

Fruits.

Eggs and Meat.

Sunshine (Cod-liver oil when you cannot get plenty of sunshine).

2. Clean the teeth:

After you get up in the morning.

After meals.

Before going to bed.

3. Go to the dentist regularly.

Helps prevent decay from getting a start.

Crooked teeth, or teeth that stick out too much, can be made straight while you are young.

Problems to Think About:

1. What is a good shape for a tooth brush? Explain why.

2. Why is it so important for babies to have proper tooth-building foods? For children in your grade?

3. Sunshine helps to build good teeth. How can you make up for lack of sunshine?

4. How do animals keep their teeth in good condition?

5. If you do not have a good toothbrush, how can you get one?

6. How can you get a good tooth powder at little cost?

7. Should all persons go to a dentist only once each six months?

8. What should help to decide how often a person should go to a dentist to have his teeth "inspected" (looked over)?

Activities for Workers:

Arrange a paper to keep a count of the times you clean your teeth a day. Keep the record for a week or longer. Use the record to see if you are brushing the teeth often enough.

1. Stand before the class and show how to clean the teeth (tooth-brush drill).

2. Make some drawings in your notebook of things that make teeth strong and healthy.

3. Make a list of hard things that might injure the teeth if care is not taken to prevent it.

4. Bring your toothbrush to school (be sure to keep it clean). Does it have a special shape? If so, is it a good thing? Tell why.

KNOWING THAT YOU KNOW

1. Give four reasons why good teeth are important.

2. Name five things that may be used as aids in cleaning the teeth. Which three of these five are absolutely necessary?

3. Name three ways in which the teeth may be protected against injury.

4. Name five foods and one other thing that are necessary to build good teeth:

M --- F -----

V ----- E --- and M ---

S ----- or C -- L ---- O --.

5. Exercise is good for the teeth and the gums.

How may the teeth be exercised?

How may the gums be exercised?

UNIT 7

YOUR CLOTHING **How Nature Protects Us**

In the Far North:

In the far North where it is very cold, all the animals have thick fur. Under their skin is generally a great deal of fat. The fur and the fat help to protect them against the cold weather. It is much colder there than it ever is here. The birds also have fat and thick feathers to keep out the cold. The Eskimos, the people who live in the far North, eat foods that keep them fat and warm. This is not enough, however, to keep out the cold. They use for clothing the skins of the animals killed for food.

In Warm Countries:

In places where the climate is very warm, the fur of the animals is quite short. Some of them, like the elephant, have no fur but just a skin. The people in such countries

Appearance Does Count

Which do you prefer? Why?

wear very little clothing. Instead of furs they wear clothing made from plants or trees. For food they eat fruits and vegetables that do not make them too warm.

In-Between Places:

In temperate climates, it is cold in the winter and warm in the summer. Animals shed their heavy fur in spring and have lighter fur (or hair, like horses) in the summer. In the winter it grows heavy again. Birds change their feathers or plumage in much the same way. In summer the people wear cool clothing like silk, linen, and cotton.

In winter, they change to heavier clothing like wool and fur. The kind of clothing we wear is important to our health.

What to Wear and When to Wear It

Few of us can afford or would want to wear fine new clothes all of the time—especially for everyday wear. But while we may not be able to wear new clothes, at least we can try to keep the clothes that we do wear neat and clean, no matter how old they may be.

Clothing and Health:

Besides affecting the appearance, clothing has important effects upon the health and comfort of the body. In order to have your clothing help rather than harm the body, you will have to consider many things. Among these are the choice of materials and the right use and proper care of different articles of clothing.

PART I. UNDERCLOTHING

Kinds of Material:

The three kinds of material mostly used for underclothing are cotton, silk, and wool.

Cotton: In modern times when houses are rather comfortably heated in cold weather, cotton is often used for underclothing throughout the whole year. It is cool, and lets the heat and air pass through it more readily than silk or wool.

Silk: Silk underclothing is so pleasant and comfortable that many people like to wear it in spite of its greater expense. It is not quite so cool as the coolest garments that can be made of cotton, but it is very well suited for both summer and winter wear.

Rayon: This is a new material that is largely used in place of silk. It is less expensive than silk and has many of its fine qualities. It is light and soft. Most rayon does not wear so well or so long as silk or cotton, and it is therefore more expensive than it seems.

Wool: Woolen underwear is warmer than either cotton or silk, and is suited best for persons who must be outdoors a great deal in cold weather. For those of us who are indoors a lot, heavy woolen underwear is too warm for regular winter use. Our homes,

schools, and offices are comfortably heated, and heavy woolen underwear is not necessary. If woolen underwear is worn, choose light-weight garments rather than heavy ones. Put on extra outer garments when going outdoors in cold weather rather than wear heavy underclothes that will overheat the body when in heated rooms.

Proper Care of Underclothing:

Change underclothing frequently. A clean body deserves clean clothes. Put on clean underclothes whenever you take a cleansing bath with warm water and soap. At least twice a week is best for this kind of bath.

Extra changes needed in summer. In summer, when the weather is very hot, the body perspires more freely than in cooler weather. At such times, the underwear will need to be changed oftener than twice a week to keep it clean. Do not wear underclothing that has become damp or wet from perspiration any longer than necessary. Take a bath as soon as possible, and put on fresh, dry underclothes. Hang up the damp garments where they can dry.

After a Bath

A clean skin deserves clean underclothing.

Air underclothes at night. At night before going to bed, separate the underclothes from the rest of your clothes, and hang them up, either on a chair or a hook, where they can be “aired” and dried while you are asleep.

PART II. OUTER CLOTHING

Suit the Clothing to the Weather:

For use in summer, cotton, linen, and silk are to be preferred, because they are light and cool. Light colored clothes are cooler than dark ones of the same material because the light colors protect you somewhat from the heat of the sun.

For winter use in cold climates, wool is an excellent material for outer clothes. It is warm, and at the same time, permits air to pass through it to ventilate the skin. Dark clothes are better suited to winter wear, as they tend to hold the heat of the sun more than light colors.

In very cold weather, extra articles of outer clothing should be worn to keep the body warm. These include articles such as overcoats, sweaters, and furs. Be sure to remove furs, sweaters, and heavy coats or wraps when you are indoors in a warm room. Otherwise you may become overheated and "catch cold" when you go out.

In wet weather, rubber is useful in keeping out the moisture. Rubber is used in raincoats, hats, boots, rubbers, or "overshoes." Rubber does not allow air to pass through it. This is not healthful. Articles of clothing made of rubber should always be removed when coming indoors.

Proper Care of Outer Clothing:

Keep your outer clothing clean and neatly pressed. Even clothing that looks worn can



Special Clothes for Play

be kept clean and neat by removing spots of dirt and pressing the clothes with a hot iron, as needed.

Hang clothes up to air. After play, hang up the clothing you take off so that it may be aired and dried. It is often damp from perspiration at such times. Always hang clothes up when you take them off.

Wear special clothes for rough games, or play. It is a good thing to have special clothing for play. A baseball uniform is much better for playing this game than an ordinary suit of clothes because it does not

matter much whether it gets soiled or torn. Girls will have more freedom in their games when they wear the loose, comfortable "gym" suits.

Protect clothing from moths. In the summer time, the winter clothing should be stored away, either in trunks, or in moth-bags, to prevent its being eaten by the moths. (What is a moth?) In the fall, the heavy clothing should be taken out and the summer clothing should be put away carefully. It is a good thing to clean the clothing before putting it away.

Keep shoes in proper shape. When shoes are not in use, it is a good thing to keep them in "shoe-trees." (What is a shoe-tree?) This helps to keep them in shape, and therefore will help to make them last longer. Keep the shoes clean and well-polished. This will help you win the respect of other people.

Keep rubbers in a dry place. When "rubbers" or boots are taken off, they should be carefully placed in a dry place, so that they will dry off quickly. If they are wet on the inside and are not given a chance to dry, they



Remove your underclothing when you go to bed at night. Regular night clothes feel good to the skin. Wear them. It doesn't cost any more, either. Why?

will rot much sooner than if they are given a chance to dry and are kept in a dry place. Never put them too near the fire. (Why?)

PART III. NIGHT CLOTHING

All the clothes worn during the day should be removed before going to bed. Suitable night clothing should then be put on. This is a healthful thing to do. This change of clothing also helps make you feel better.

Cotton is one of the principal materials used for night clothing. It is cheap, com-

fortable, and easily washed. In hot weather, lighter kinds of cotton goods can be selected. In very cold weather, "flannelette" is often used for nightgowns or pajamas. Flannelette is a form of cotton that is woven with a "fuzzy" side of "nap," which makes it quite warm. Silk is sometimes used for making night clothing. Silk, however, is more expensive than articles of cotton, and harder to wash.

Proper Care of Night Clothing:

Change night clothing frequently. Clothing that touches the skin becomes soiled from the body oil that is on the skin to keep it soft and smooth. The tiny bits of "dead skin" are rubbed off the body at night as well as during the day. Put on clean night clothes each time you take a cleansing bath with warm water and soap. This should be at least twice a week.

Air night clothing during the day. Hang up the night clothing during the day where the air can reach it. This will help to make it feel fresh and comfortable at night. Keep night clothing off the floor.

PART IV. HEALTH AND COMFORT IN CLOTHING

Anything that is young and growing can easily be trained to grow out of its natural shape. A young tree that is pulled over to one side and held there will cause the tree to grow crooked instead of tall and straight. Clothing should be loose and comfortable so that it will not interfere with free movements of the body and limbs in work or play.

Waistbands:

Waistbands (especially for girls) should not be too tight. They will interfere with the growth and work of the various organs of the body. (What is an organ?) This may cause much trouble and suffering later in life.

Garters:

Circular garters that go around the leg, either just above or just below the knee, should not be worn too tight. If too tight, they will interfere with the circulation of the blood, and cause injury to the blood vessels of the leg.



Which shoe has the better shape? Why?

Shoes:

Shoes should be carefully fitted. It is better to have a shoe that is a trifle too large than too small. Tight shoes, if worn constantly, will cause hard painful spots, or "corns," to appear on the feet. They will also press the foot out of shape, and will make it difficult to walk or run with comfort.

LEARN BY DOING

Remember—Try to Practice:

1. Underclothing:

Wash the whole body.

Put on clean underwear.

Change more frequently in hot weather.

Hang up at night.

2. Outer clothing:

Suitable to the weather:

Light materials in warm weather.

Heavy materials in cold weather.

Light colors in warm weather.

Darker colors in cold weather.

Take off indoors:

Heavy coats and sweaters.

Rubber coats, boots, and overshoes.

When not in use:

Hang up carefully.

Protect from moths.

Keep shoes in shape.

Put rubber in dry place.

Wear special clothes for play.

3. Night clothing:

Hang up during day.

Always wear at night.

4. Wear comfortable clothes:

Shoes.

Waistbands.

Garters.

Some Problems to Think About:

1. Do you think that a Chinese girl who had her feet "bound" could run or walk as fast as you?

2. Are tight shoes comfortable? Are they healthful? Why not?

3. How do some animals keep cool in summer and warm in winter?

4. What should be done with clothing when it is not in use?

5. In what games should special suits be used?

Activities for Workers:

1. Look at the different shapes of shoes in a store window. Which shapes seem the most comfortable?
2. Cut pictures from magazines to show the proper kinds of clothing.
3. Get some samples of different materials used in clothing. Bring them to school. Tell what they are used for.
4. Name the kinds of clothing made from rubber.

KNOWING THAT YOU KNOW

For each short dash supply a letter. For each line supply a whole word. Write the words on a separate piece of paper.

1. Clothing should be n --- and c ----.
2. A clean skin deserves _____.
3. Proper clothing is necessary for _____, _____, and for _____.
4. Underclothing should _____ at night.
5. Woolen clothing and underwear are more suitable for _____ wear in _____ weather.
6. Underclothing should be changed _____ in summer than in winter.
7. Rubber clothing should be removed _____.
8. Special clothes should be worn for w --- or rough p ---.
9. Tight clothing may prevent proper g -----.
10. It is better for shoes to be too _____ than too _____.

UNIT 8

MR. FRESH AIR AND MISS SUNSHINE

Your Good Friends

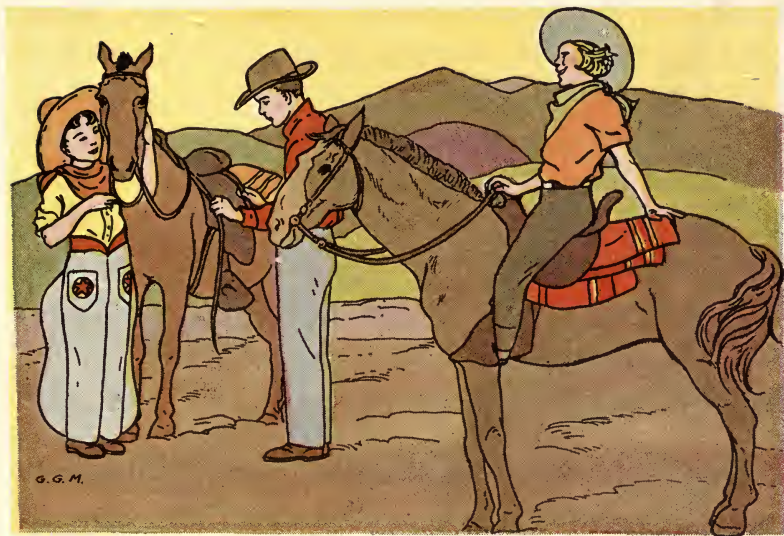
Frisky and His Friends:

Frisky was a black dog with curly hair. He had bright knowing eyes and he lived in the city with his mistress Aunt Rose. Whenever anyone came to see him, he would bark and jump. Most of all, he was glad to see the young nephews and nieces of Aunt Rose when they came to visit her.

Sometimes the boys and girls would take Frisky for a walk. Then he would bark and jump for joy. As soon as he was outside he would race up and down the street.

"Why is he always so glad to go out?" asked little Edith of her Aunt Rose.

"Because the fresh air outside makes him feel so good," said Aunt Rose. "When the sun is shining he likes it still more. You know that fresh air and sunshine are good for everyone. They bring good health to



This is one way to get fresh air and sunshine. What are the boy and girl about to do? Can you name some other ways of getting fresh air and sunshine?

animals as well as boys and girls, and men and women. Mr. Fresh Air and Miss Sunshine are two good friends of all. Boys and girls should be with fresh air and sunshine whenever they can."

Who Are These Friends?

Air is something that cannot be seen and yet is all about us. We must have air all the

time in order to breathe and keep alive. *Sunshine* comes, of course, from the sun. It is more plentiful in some places in our country than in others. There are places where clouds shut out the sunshine for days at a time. There are other places where hardly a day passes without at least a little sunshine.

How to Meet These Two Friends

Breathe Fresh Air at All Times:

By "fresh" air we usually mean "outdoor" air that has no smoke, dust, or smells and which is bathed in sunshine from time to time. Generally we think of fresh air as cool or even cold, rather than warm or hot. We say such air is "refreshing." Fresh air is best suited to our needs. It is air that has not become "stale" or impure.

Indoor air that is breathed over and over again becomes impure. If no fresh air is admitted to a room, an unpleasant odor of "stale" air develops. This odor can be noticed by persons who come into the room from the fresh, outside air. The air seems "stale" also in rooms or houses that have

been tightly closed for some time. As you step into such a house or room, you generally say: "Let's open the windows and let in some fresh air." In a little while the odor disappears. Fresh air has come into the house. Make sure that you breathe fresh air at all times, both day and night.

Indoor air may sometimes become impure from poisonous gases that get into it. Gas used for lighting or cooking is poisonous when it is breathed. So also are stove or furnace gas, and gas from a motor or automobile. Whenever you smell the odor of gas in a room, open the windows at once. Let in the fresh outdoor air. Persons who have breathed too much poisoned gas become "unconscious." They are not able to take care of themselves or notice things about them. Persons suffering from gas poisoning should be taken into the fresh air at once.

Breathe Fresh Air When Asleep:

Remember, too, that you need fresh, moving air to breathe while you sleep, just as much as you do when you are awake. Your bedroom windows should always be open,

Fresh Air at Night

*Breathe fresh air at all times, night and day.
The window should be open both top and bottom.*

both top and bottom, while you are asleep. It is safe to open them wide, except in very cold or windy weather. When it is not advisable to open them wide, small openings will serve to “ventilate” (“change the air”) in a room.

Drafts:

If you have more than one window in the room, it will be better to have each window open a little than one window open all the way and the others closed. With several win-

dows open, the air will "circulate," or move about, the room more easily. The movement of the air about a room helps to keep the body more comfortable.

Sometimes, when the air moves rapidly through a room, you can feel it blowing upon the skin. This is called a "draft." It is not safe for some people to sit or sleep in a draft. Colds sometimes follow sitting or sleeping in drafts when one is overheated. It is possible to bring fresh air indoors and at the same time avoid harmful drafts, by opening doors and windows properly. When the air is cold outside and it is warm inside the house, a small opening will usually admit plenty of fresh air. When the air outside is close to the temperature inside the house, the windows will have to be open wide in order to make sure that plenty of fresh air will come inside. On windy days, the right openings will have to be made to avoid harmful drafts, and to suit the comfort of the people inside. Schoolrooms, halls, and theatres are often "ventilated" by machines which force fresh air in and take impure air out.



In Winter

In many parts of the country, winter brings dark days with less sunshine. Stay out of doors in the afternoon and get as much fresh air and sunshine as possible.

What Our Two Friends Do for Us

Spend as much time as possible out of doors in the fresh air and sunshine. In winter, even though it is nice and warm indoors, and cold out of doors, it is better for you to dress warmly and go out into the fresh air and sunshine, and play. If you run, jump, and play, you will find that you will be just as warm as though you had stayed in the house, and you will be much healthier. There are few days in the winter, and *only a few*,

when it is so cold or so stormy that you cannot play outdoors, if you are dressed properly. Boys and girls who play out of doors in the fresh air and sunshine will generally grow stronger, and will be healthier than those who like to stay indoors and play.

Sunshine for Health and Growth:

What would we do without the sun and the sunshine? How wonderful it is, and how many things it does for us. It keeps the world warm, causes the plants and flowers to bloom, and so furnishes us with food. Without sunshine, everything would die.

You can notice the effect of sunlight on the growth of plants. The side of a plant toward the sun always grows better than the side away from the sun. A plant kept at the window must be turned so that all sides of it get some of the sun, otherwise it will grow mostly on the side toward the window through which the sunlight comes. Our bodies need the sun for growth just as the plants do.

Perhaps you have noticed that sick people (or people who have been sick and are get-



Sunshine for Health and Growth

Growing things need sunshine, children as well as plants and animals.

ting well again) like the sunlight. They like to sit in it, or take short walks when the sun is shining. That is because the sunlight is good for their health. Sunlight is one of the best things in the world for killing disease germs. For that reason, sunshine is good in the sick room.

Work, Play, and Rest in the Sunshine:

Sunshine is especially valuable for growing boys and girls. There is something in the sunshine, if it touches directly upon the skin, that helps the body to form good, strong bones, teeth, and muscles.

Get as much sunshine as you can. Go out of doors into the sunshine to play for at least three hours each day. It is much better to

go out into the school yard and play at recess time than to stay in the classroom. After school, be sure to play out of doors in the sunshine if you can. Notice how much better you feel on a bright, sunshiny day than you do on a dull, cloudy day.

Have you ever noticed animals—cats and dogs, for example—sleeping in the sun? It will do you good also to sit and rest in the sun. That is called taking a sun bath. Many people take sun baths, lying on the sand at the seashore. Attractive, useful sun suits can be obtained at little cost for taking sun baths at home. Babies should be given “sun baths” in order to give them plenty of sunshine. Follow a few sensible rules in taking sun baths. Remember that the sun must fall directly on the skin in order to benefit you. It is better if it does not pass through window glass before it strikes the body. The skin should receive strong sunshine for only a few minutes at a time in the beginning. The eyes should be protected from being harmed by a strong glare by wearing “goggles” or dark glasses especially made for this purpose.



The Indian Boy

Here is an Indian boy. Does he look strong and healthy? Can you think of some good reasons for this?

Bring Fresh Air and Sunshine Indoors:

Even if we spend a lot of time each day out of doors, there are still many hours left when we must be indoors. For comfort and good health, make sure you breathe fresh air at all times. Admit as much sunshine as possible.

The best arrangement of the windows to bring plenty of fresh air indoors is to have them open at both the top and bottom. This provides an opening for impure air to go out and an opening for fresh air to come in.

LEARN BY DOING

Remember—Try to Practice:

1. Breathe fresh air at all times.
2. Play out of doors whenever possible for:
Fresh Air.
Sunshine.
Exercise.
3. Breathe fresh air when asleep.
4. Avoid drafts, especially when overheated.
5. Protect the eyes from glare.

Some Problems to Think About:

1. When you must play indoors, what should the playroom have to be healthful?
2. Can we get too much fresh air? How?
3. Can we get too much sunshine? When? How?
4. How can you "paint your cheeks from the inside?"

Activities for Workers:

1. Make a list of games you like to play outdoors.
2. Take two house plants. Place one where it will get the sunshine. Put the other in a dark corner. Notice what happens after a week or two. Then change the positions of the two plants and again watch what happens. What does this suggest to you?
3. Cut some pictures from old magazines show-

ing boys and girls or grown-ups in the fresh air and sunshine. Paste them in your notebook.

4. Do you know of any animals that like the sun? How can you tell?

KNOWING THAT YOU KNOW

This is called a "true or not true" test. Read each statement. Then try to decide if it is true or not true. If you cannot be sure, try to find the answer in some paragraph of this unit. Write the answers on a separate piece of paper or in your notebook.

	True or Not True	
1. Sunshine kills germs.	----	----
2. Coal gas is healthful.	----	----
3. Drafts are needed for good ventilation.	----	----
4. Too much sunshine may be harmful.	----	----
5. Sunshine makes things grow.	----	----
6. Gas from an automobile is not dangerous.	----	----
7. Rooms should not be ventilated in winter time.	----	----
8. People who are recovering from sickness need sunshine.	----	----
9. Sunshine outdoors is more healthful than sunshine through a window.	----	----
10. Sun baths are bad for babies.	----	----

UNIT 9

YOUR POSTURE

Be A King Or A Queen

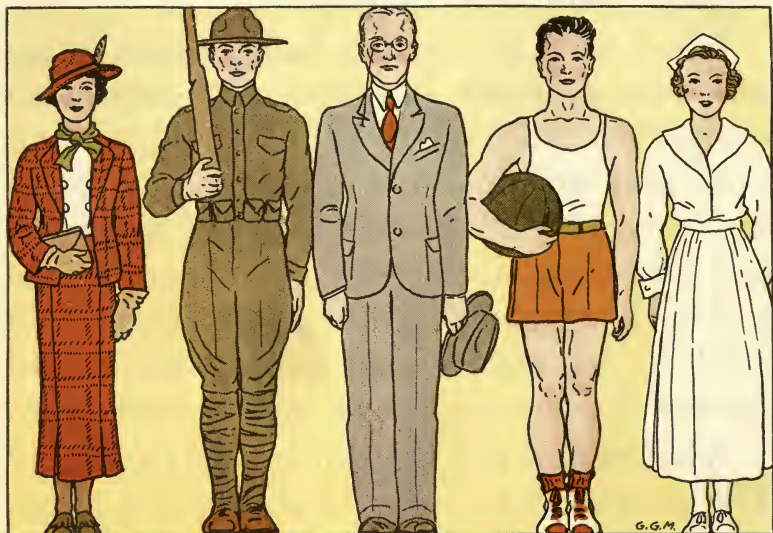
Which Would You Like to Be?

When we read in story books about kings and queens, every boy and girl may wish sometimes to be one. Very often boys and girls play and make believe they are kings and queens. There have been good kings and bad kings, and there have been good queens and wicked queens. No doubt the boys would wish to be good kings, and the girls good queens. No one would wish to be a poor ruler.

What would the king or queen look like? The king must be tall and strong and handsome. The queen must be slender and graceful and beautiful. They would sit straight and tall on their thrones. When they walked and their servants bowed as they passed, the king and queen would be tall and straight. They would carry their heads high.

The way we sit and the way we walk, the way we carry our bodies at all times, is called posture. It means position. Is the position of your body straight or crooked? Is it tall, or is it bent over?

The Importance of Proper Posture



By their looks these people are healthy, happy, and successful. Notice their excellent posture. Good posture is an aid to appearance and health.

Why Your Posture Is Important

Good Appearance:

Your posture shows to a great extent the kind of boy or girl you are, just as the way a

man walks tells a great deal about the man. Men and women who are successful "carry" themselves well. You can tell that they are leaders of others by the way they stand and walk. Those who look weak generally *are* weak in some way, either in mind or body. We can make people admire us by the way we sit, stand, and walk. Carrying the head up and the body straight aids in securing good positions in the business world.

Standing and walking properly assist in good health. Your body holds a great many important organs. If you do not keep your body in the proper position, the organs will be pushed out of their proper places, or else they will be so crowded inside that they will not be able to do their work well. Proper posture helps you to breathe in more fresh air than you could in an improper position. Proper posture aids in digesting the food. Poor posture often interferes with the circulation of the blood. You will notice this when your foot or arm "goes to sleep" your foot or hand has been in a poor position, or else has been in one position for too long.



Good Posture—Sitting

Which girl has the better posture? Why?

Strength:

Good posture gives strength to the body. It helps the body to grow straight and strong. It makes you “feel stronger,” too.

Sitting and Standing

You cannot sit properly unless you have a chair or a seat that fits you. You should be able to rest your feet on the floor when sitting, whether at home or at school. If the chair is too high, use a foot-rest or footstool.

When Seated, Practice:

1. *Sit firmly*, with the body straight (do it now).

2. *Sit well back* in the seat so that your thigh bones (upper leg) can support the weight of your body throughout their length (now do that).

3. *See that your feet rest flat on the floor*; do not cross them or rest them sideways as a regular habit.

4. *The toes of your shoes should point to the front*. As no two people are formed exactly alike, it is natural and proper for some people to have their toes pointing "out" slightly from the front.

You may notice that after you have held your body in this position for a while, you sink or slip back a little. This is natural. Therefore, it is a good plan, no matter what you may be doing, to make a habit of straightening up once in awhile.

When Standing, Practice:

1. *Head high, chest up, shoulders back, "stomach in."* (Try it now).

2. *Heels close together, toes pointing forward*. Make the front of the feet support a large part of the weight of the body, rather than put too much weight upon the heels.



When Standing—Practice:

Head up, shoulders back. Chin in, "stomach in." Heels together, toes pointing slightly outward. Arms at side, palms in.

Try to carry a little more weight on the outside of the foot, as the outside of the foot is somewhat stronger than the inside. (Try it, too.)

3. *Arms at side, palms of hands flat against the legs.* (Do that, too.) Notice how much better you feel, when you are standing in this good position.

Walking

Walking is a fine kind of exercise. A very enjoyable form of walking is called "hiking." Hikes are walks through the countryside, in



Good Posture—Walking

Which is the successful man? Which man has the better posture? Which would you rather be?

the fresh air and sunshine. They are healthful for people of all ages, and are enjoyed by the young and the old alike.

When Walking, Practice:

(Let some one act as a model to show this.)

1. *Keep the body erect.* If possible, walk with the upper part of the body in the same good position you use when standing properly. Your chest should be well up and the shoulders back.

2. *The toes should point straight ahead.* It is better to have the toes pointed inward

Proper Posture—The Feet

Not In But almost straight ahead Not Out
Which is the best pair?

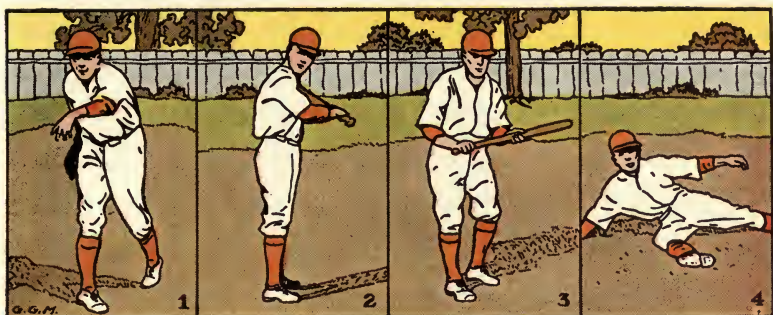
than outward too much. In walking naturally, swing the knee and foot forward.

3. *Be sure to walk freely and naturally at all times*, except where courtesy or common sense would tell you to take short light steps, as, for instance, if you enter a classroom when some one is reciting or reading or the teacher is speaking.

Running

Practice This in the School Yard:

If you have a short distance to run, you will find that you can run faster if you run on your toes with your fists clenched (closed). This is called a *sprint*. If you



Good Posture in Baseball

Tell what the player is doing or about to do each time. Notice that there is a proper posture for each thing he does. Can you think of some other forms of proper posture?

have a longer distance to run, allow the arms to hang more loosely at the sides and to swing slightly. Do not let them swing too much, for it will tire you out. When running a long distance, you will not run entirely on the toes, but more on the toe and the sole of the foot. Run easily. Run naturally.

Other Forms of Good Posture

You will notice, if you watch carefully, that there is a right and a wrong posture for almost everything that you do. This can be observed when handling tools, in work-

ing about the house, and in games of all kinds. You can generally tell when you have the wrong posture because you feel so awkward that you will not be able to use your strength very well. If you use the correct posture for whatever you may be doing, you will not feel tired so quickly, you will be "quicker on your feet," and you will seem to have more strength.

When Sleeping:

Lie on the right side. As children grow older, it is better for them to lie on the right side rather than on the back. It is better to lie on the right side than on the left because lying on the right side permits the heart, which is on the left side, to work easily. Try to form the habit of lying on your right side when you are asleep.

Exercise and Good Posture

It requires the work of good muscles to hold the body in proper position when standing, sitting, walking, or running. Weak muscles become easily tired and the body may soon go into poor positions. Exercise

strengthens muscles and helps them to hold the body in healthful, correct "postures." Play games that include a great deal of running, jumping, and throwing.

Many schools have exercises for pupils that help to form good posture. For boys and girls who have poor habits of posture, there are special exercises that help them overcome their poor habits. Such pupils should get special "corrective" exercises from their teacher.

Poor eyesight is sometimes a cause of bad posture. It is often easy to pick out boys or girls who need "glasses" by the way they bend over their desks in order to get close to their reading or writing. Proper glasses will make it possible to sit or stand properly when working or reading.

Poor hearing is sometimes another cause of bad posture. If your hearing is poor, get a seat toward the front and middle of the classroom.

In order to "carry yourself" well, practice correct posture at all times. If you find yourself holding the body incorrectly, straighten

up, or put the body into proper position at once. "Practice makes perfect."

Do You Feel "Too Tired" to Stand Properly?

If you feel weak and do not have the strength to sit up straight and walk properly, it may be that you need to see a doctor. Sometimes it is a question of proper food or more sleep. If the trouble is not with food or sleep, there may be other causes. Very often bad tonsils or bad teeth are causing trouble or some other kind of illness may be working on you. In such cases, the best thing to do, even if one does not feel very sick, is to see a doctor.

LEARN BY DOING

Remember—Try to Practice:

1. Practice correct posture at all times.
2. When sitting:
Feet on floor. Body straight. Toes to front.
3. When standing:
Head high. Shoulders back.
Chest up. Body balanced.
4. When walking:
Body straight. Toes pointed straight forward.
Walk easily. Be considerate of others.

5. When running:

Short run—on toes.

Long run—toes and soles of feet.

6. When sleeping:

On right side.

Some Problems to Think About:

1. What is proper posture?
2. Why is proper posture necessary?
3. How can poor posture cause poor health?
4. How can poor eyesight cause improper posture?

Activities for Workers:

1. Posture drill: Class forms into lines, boys and girls separately, or by rows. Teacher picks the line with the best postures. The boy or girl in each line with the best posture becomes the captain.

2. The same game can be played for the best posture in a sitting position.

3. Show the class the best posture for:

Throwing a ball.

Batting.

Pitching.

Catching a ball.

4. Make a list of other times when good posture is important.

5. It is said that the Indians had a trick to prevent slipping on the ice. They walked with their toes pointed in as far as possible whenever they came to a very slippery place. Try it some time. Does it work?

KNOWING THAT YOU KNOW

Fill in the blank spaces with letters to make words. Use a piece of paper for your work. If you do not know the answer, read the page given at the right.

1. Proper posture is important for
 - (a) good health (page 109)
 - (b) good appearance (page 108)
 - (c) better work or better play. (page 109)
2. Proper posture is an aid to good health in:
 - (a) breathing (page 109)
 - (b) digesting food (page 109)
 - (c) circulation of the blood. (page 109)
3. Good posture gives more strength. (page 110)
4. Proper posture will help us to grow straight and strong. (page 110)
5. When seated, the body should be straight and the feet flat on the floor. (pages 110-111)
6. When standing, be sure the head is high and the chest up. (page 111)
7. When walking, the body should be erect (page 113)
8. For a short, fast run, we should run on the tees. (page 114)
9. For sleeping, it is best to lie on the right side. (page 116)
10. Good posture will be aided by exercise and games. (page 116)

UNIT 10

YOUR WORK: YOUR PLAY: YOUR REST

The Story of Three Friends

The Journey:

A boy and a girl once took a journey to see their uncle who lived several miles away. They went walking together down the road. After a while the road became narrow and rough and started to go up hill. Soon a handsome stranger came walking along in the same direction. His skin was brown from the sun and a pleasant smile was on his face. His rough clothes covered a body that seemed very strong.

"May I help you?" he asked politely, and he offered each a hand. With the stranger's help they soon finished the hard part of the journey and came to a pleasant meadow. Here the stranger stopped. "You do not need me any more now," he said. "I shall bid you goodbye and good luck for the rest of your trip. Now I must go back and help some

Summer Camps

Have you ever been to a summer camp to stay? Did they provide for work, play, and rest? Can anyone tell us about it?

one else over the rough road. A friend of mine will soon meet you and help you on the next part of the journey."

"Thank you ever so much for your help," said the boy and the girl. "May we ask your name?"

"My name is Work," said the stranger. "I like to help people along, if they are not

afraid of my rough clothes and will take me by the hand." Then Work quickly disappeared.

In the meadow, a pleasant young man appeared. As they went along, he showed them games to play and the time passed very quickly. With all their play, they had covered a surprising distance. The boy and the girl grew sad as the stranger bade them goodbye. He was so pleasant that they did not like to see him go. "I must go back and cheer some other people along the way. My name is Play. If I stay too long, you would not finish your journey. Goodbye and good luck."

Just then they saw a young lady sitting in the shade of the trees. She spoke softly to them and they sat beside her and listened as she told them many interesting stories. "My name is Rest," she said. "Without me, you would be too tired to finish your journey. After you have stayed with me a while, you will be able to finish your journey very quickly."

Before they knew it, they were fast asleep. After a while, the gentle hand of the

young lady awakened them. "You are refreshed now," she said. "Hurry along." Quickly the children reached their uncle's house, and told him of the three friends they had met on the journey.

"They are real friends," said their uncle. "Work, Play, and Rest are needed by all of us. Without them we would never get anywhere or do anything worth while."

The Best Way to Live

Some work, some play, some rest is the way it should be in the life of everyone. Some men and women work too hard. They do not take time to play games like tennis or golf, or take an outdoor walk or "hike." What happens to such people? They are likely to injure their health and get sick. They *must* rest. People who work too long, or too hard, are not helping themselves or helping others. They are really harming themselves.

Work, play, and rest should be planned so that they will help the body grow strong and healthy. It is good to rest or play



Some Work Is Good for You

Besides being helpful around the house, such work strengthens your body.

Tell what you do to help around the house. Does it help to make your muscles strong?

quietly after hard work. It is also helpful to play “actively” after reading or studying. Rest is needed after any form of work or play that is kept up for some time. Rest gives the body time to get back the strength that has been used up by work or play.

Work, play, and rest will also help to keep the *mind* active and healthy. They help to keep people from worrying too much about their troubles. This is very important because worry is very disturbing to the health of the body and mind. Help your parents so that they, too, will have time for rest and play.

PART I. HOW TO WORK

Be Cheerful:

You know how happy and contented you have been at times as you did some work in which you were interested. Have you ever noticed that people often sing, or whistle, or hum a tune as they work?

Work is useful. The telephone, radio, and electric light represent countless hours of work by their inventors and others who have improved them for our use. The great things in this world have been accomplished by work.

It is necessary to work at your lessons, although that will be an easy form of work if you learn to study properly. Never think of study as a disagreeable task that must be finished as soon as possible. There are few things more pleasant than learning something new. When you study your lessons *cheerfully* you help to repay your parents for the things that they do for you.

You can also help your parents by running errands and by doing many little things that young people can do to "help out"

around the house. Be glad to be a useful, helpful person. If your work should take you away from your play for a few minutes, remember that you will have many hours and years of play.

Whatever is worth while doing, do well. Take pride in doing things as well as you can. You will soon notice how quickly and pleasantly you can get things done.

Work and Be Healthy:

Work is healthful to the body and mind. It helps you to be happy and contented. It gives the body some of the exercise it needs. When you go on errands, run or walk in a way that helps to exercise the body. Do not slouch along or drag your feet. Practice good posture at all times.

Working about the house is good exercise. Some persons who do not get much exercise at their work during the day, get exercise by working in the garden in the late afternoon or evening. Girls find pleasure and exercise in cooking and "keeping house." You can get good, healthful exercise in cleaning up the yard or in cleaning out the

cellar. Every real boy or girl should be happy to do things about the house.

Get a Good Education:

Boys and girls should not think of leaving school to "go to work" too soon. Get as good an education as you can. The time may come when you will need it in order to get ahead in the work you do after your school days are over. It has also been found that boys and girls who start to work in mills and factories when they are quite young do not give their bodies a chance to grow strong and healthy. They often "look old" when they are still quite young. There are laws which help children to get a fair start in life. The laws that make parents send children to school until they reach a certain age are called Compulsory Education Laws. The laws that prevent boys and girls from going to work too soon in mills and factories and keep them out of dangerous kinds of work are called Child Labor Laws. These are good laws. Do you know the laws of your state that control these things? Does your

state take proper care of growing boys and girls?

Have Your Physical Defects Corrected:

Good health is a big help to a good worker, in school and out. If you have physical defects, such as poor eyesight, poor hearing, diseased tonsils, abscessed teeth, or enlarged adenoids, have them attended to as soon as possible. Remember that the school physician and the school nurse are your good friends. They will help you to find any physical defects you may have, and they will also help you to get them corrected. Many defects become more serious when they are neglected.

PART II. HOW TO PLAY

Play Out of Doors:

Your body will get more fresh air and sunshine if you play out of doors whenever possible. If it is a very hot day, it will be better for you to play in the shade. If it is a very cold day, you will want to stay in the sunlight as much as you can. Children of elementary school age should spend at least

Play Out of Doors

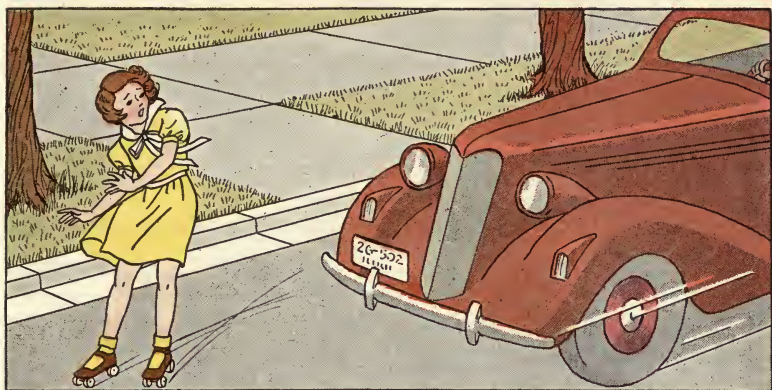
In cold weather dress warmly and play out of doors. Get as much fresh air and sunshine as you can.

three hours a day in active outdoor play.
How much do you spend?

Play in a Safe Place:

The safest place to play is in the school yard or in a playground, if you live in a city. In these places you will have plenty of room for your games. If you must play on the sidewalk, do not run into the street. Always look to see that it is safe before stepping into the street. Playing in the street is dangerous.

A Poor Place to Skate



Roller skating is good exercise, but the street is too dangerous. Stay on the sidewalk. Better be safe than sorry.

Every day boys and girls are hurt or killed playing in the street, but not one of them ever *expected* to be hurt. In some cities, parts of certain streets are reserved for the use of children for a few hours during the day or evening. With such protection, play in the streets is much safer.

Always make sure that you are playing in a safe place. Do not climb into dangerous places, and stay away from deep water. Be sure to tell your parents where you are going to play—*before you go*.



Be Sure to Go Out and Play at Recess Time

A few boys and girls do not like to go out at recess time. One little girl is making a great mistake. She would be healthier, happier, and would do her lessons better if she played out of doors at recess time.

Play at the Right Time:

Recess time at school is a good time to play. After you have been at work for an hour or so at your lessons in school, some lively fun will help you to work better when you go back to your classroom. Some boys and girls like to stay in the classroom during recess instead of going out to play. This is a great mistake, because you know "all work and no play makes Jack a dull boy."

Play *after* school, too. Every boy and girl

should play for at least an hour after school. In cold weather, dress warmly and keep moving, so that you do not feel cold. When you start to feel cold, it is time to go inside.

Be Sensible in Play:

You must be careful not to play too hard or too long. If you should keep this up day after day, it would make you weaker instead of stronger. Boys should be careful not to run too hard. Girls should be careful not to jump rope too long. Play hard, but not too hard. When you feel tired, it is time to rest.

PART III. HOW TO REST

When you are active or even just thinking, you are using up some of your strength or energy. Rest gives your body a chance to get back, or *renew*, this strength. Sleep is a good form of rest. It is possible, however, to find time for many short helpful rest periods without going to sleep.

Take Short Rests During the Day:

Growing boys and girls need plenty of rest as well as play. You will feel much



Taking a Rest

It is a good plan to sit and lie quietly and rest between games.

better if you make a habit of taking a short rest for five or ten minutes during the day, "between times," after work or after play. This is especially important for boys or girls who are underweight, or who are somewhat nervous.

Cool Off Sensibly:

In order that you may not become too excited in your play, it is well to stop and rest once in a while. This will give you a chance to cool off. While you are cooling off, it is a good thing to put on a sweater, or extra covering. There is not much danger of your catching cold while you are running or playing. The danger comes when you sit



When Cooling Off

Be sure to avoid catching cold. Why is the baseball pitcher wearing a sweater between innings?

down to cool off. Many of you have seen a pitcher on a baseball team throw a sweater or a jacket around his body or over his pitching arm when he is not pitching. This is because he does not want his arm to lose its warmth and strength.

LEARN BY DOING

Remember—Try to Practice:

1. Plan each day:
 Some work.
 Some play.
 Enough rest.

2. Where to play:

Out of doors.

In a safe place.

3. When to play:

At recess time.

After school.

4. How to play:

Rest or play lightly after meals.

Not too hard or too long.

Not too exciting.

Stay away from danger.

5. Rest:

Take short rests from time to time:

Whenever you feel tired.

When nervous or too excited.

When cross or angry.

When cooling off:

Wear a sweater or coat.

Avoid drafts.

Some Problems to Think About:

1. Does your state have a Child Labor Law?
What does it say?

2. Does your state have a Compulsory School Attendance Law? If so, what does it say?

3. Why is it not a good thing for a boy or girl to leave school and go to work too soon?

4. Why is it harmful to become too greatly excited during play?

5. Which part of the day is the best time for play in warm weather? In cold weather? Tell why.

Activities for Workers:

1. Make a list of games that you like to play out of doors.

2. Make a list of games that grown-ups like to play out of doors.

3. Make a poster of cut-out pictures showing healthful activities—work, play, or exercise of some kind.

4. Make a list of quiet activities for rainy days or rest periods suitable for a boy or girl of your age.

KNOWING THAT YOU KNOW

Each question has three answers. Read each carefully. Which is the best answer for each question? Write the best answer on your paper.

1. Why is some work desirable?

(1) Everybody enjoys it.

(2) It is useful exercise.

(3) We get paid for it.

2. Why is some play desirable?

(1) It is rough.

(2) Children like it.

(3) It is enjoyable exercise.

3. Why is rest necessary?
 - (1) The body regains its strength while resting.
 - (2) Too much sleep is not a good thing.
 - (3) Play makes us strong.
4. Of what value is exercise?
 - (1) It uses up the fresh air.
 - (2) It strengthens the body.
 - (3) It saves bills for medicine.
5. Where is the best place to play?
 - (1) In the school yard.
 - (2) In your own house.
 - (3) In any safe place.
6. Why is it not good to go to work too soon?
 - (1) It may interfere with mental or physical growth.
 - (2) It will enable you to save money.
 - (3) School is not necessary.
7. Why should physical defects be corrected?
 - (1) Everybody likes to wear glasses.
 - (2) If not corrected, they may cause serious trouble.
 - (3) Colds may cause much absence.
8. Why should we rest or play quietly after meals?
 - (1) Too much exercise is not good for us.
 - (2) You can eat more dessert.
 - (3) It will give the food a chance to digest.

UNIT 11

YOUR SLEEP

The Body-Builder Who Works When You Rest

Coming Home From the "Movies":

One night last winter, father, mother, and the two children went to the "movies." It was Saturday night. They took the auto because they lived some distance from the moving-picture theater. When they came out, Dad put his foot on the starter, but the car wouldn't start. He tried to turn on the lights. They were very weak.

There was a garage nearby and Dad went over to it. Soon he and another man came carrying a very heavy box. They took another heavy box from beneath the floor of the car, and put this one in its place. Then the car started easily and they were soon on their way home.

Billy asked his father what had been the trouble with the car. "Well," said father, "I guess my battery needs recharging."



A Storage Battery Must Be Recharged

"What do you mean?" asked Billy.

"Most automobiles," replied his father, "have an electric battery underneath the car. Sometimes it is called a storage battery. It furnishes the electricity that is needed for the headlights and for helping to start and run the motor of the car. When the battery has been used too much or too long, the electricity is all used up."

"Then what do you do?" asked Billy.

"I get a new battery," said his father, "with lots of electricity in it, or else have the old one recharged. That gives it new strength. When they recharge a battery, they let it rest for a day or two and put elec-

tricity back into it by attaching some wires. This is called recharging. Sometimes a battery gets stronger just by letting it rest over night."

"That sounds to me like a person," said Billy. "It rests over night."

"Exactly so," said father. "Your body gets new strength while it is resting just like an automobile battery. Rest and sleep give you new power. In the evening we are tired. In the morning we feel fresh and strong again."

By that time they had reached home. "Now," said mother, "it's time for the children to go right to bed. A good night's rest will make you feel bright and fresh and strong in the morning." With a good-night kiss, off they went to bed.

How to Grow Bigger and Stronger

New Strength for Your Body:

There is nothing more refreshing than sleep. It rests the body and refreshes the mind. Sleep is the best time to restore, or put back into the body, the strength and



The Importance of Sleep

The younger we are, the more sleep we need. How does a healthy baby spend most of his time?

energy that have been used up throughout the day in work and play. When you are healthy, you wake up after a good night's sleep with a new supply of strength and vigor. You will have a "clear head" to use for the problems that come up during the day. You will go about your duties more cheerfully because you feel refreshed.

Sleep is the time best suited to the growth of the body. The body grows larger and stronger when you are asleep. Growing persons need more sleep than grown-ups. Too little sleep is likely to make you "cross" and keep you from doing your best work. It

will interfere with the proper growth of the body.

Amount of Sleep Needed

Very young babies sleep most of the time. They are growing rapidly and need much sleep. It is important for all children during all the growing years to get plenty of sleep. In the table below, some figures are given for different ages. It may be that you need more sleep than that suggested. Remember that you need enough sleep to keep you growing at a normal, or proper, rate, and that you should always wake up feeling refreshed.

How Long Should YOU Sleep Each Night?

Children between	6- 7	years of age, or younger.....	12½	hours
“ “	7- 8	“ “ “	12	“
“ “	8- 9	“ “ “	11½	“
“ “	9-10	“ “ “	11½	“
“ “	10-11	“ “ “	11	“
“ “	11-12	“ “ “	10½	“
“ “	12-13	“ “ “	10	“
“ “	13-14	“ “ “	9½	“
“ “	14-15	“ “ “	9½	“

This table shows that younger children need more sleep than older ones. Children in your grade need from eleven to eleven

and one-half hours of sleep a night. Boys and girls in higher grades are still growing and need more sleep than adults. Adults (or "grown-ups") usually need about eight hours of sleep.

After extra hard work or play, more sleep will be needed than usual. People who are recovering from an illness need more sleep and rest than other people in order to get back the strength and energy that were lost through the sickness.

If you want to grow strong and healthy and keep well, be sure *to go to bed early enough* to get all the sleep your body needs. Sleep is one of the important necessities of life.

Good Sleeping Habits

There are a number of things that help you to get quiet, healthful sleep. If you do these things regularly day after day, they become *habits*.

Go to Bed at the Same Hour Each Night:

It is important to *form the habit* of going to bed at the *same time* each day or night.



Proper Sleep Refreshes the Body

Be sure to go to bed at the same time each night.

Go to bed at 8 o'clock.

Get eleven hours of sleep each night.

Good health—good lessons—good humor.

In this way, the body gets used to expecting rest or sleep at certain hours and you usually go to sleep easily. It is not good for young children to stay up late. It interferes with a good habit, and it keeps the body from getting the rest it needs.

Go to Bed Early:

It is better to go to bed early and get up early than to stay up late at night and get up late in the morning. When you get up late, you will have to rush through, or leave out, some of the morning's duties connected with getting ready for school. It may be hard to find time to wash, clean the teeth, comb and



Your Body Needs Sleep

Went to the "movies" last night.

To bed at 11:30.

Hard to get up.

Still tired (and cross).

brush the hair, and eat a good breakfast when you get up too late.

In order to get up at seven o'clock in the morning and have eleven hours' sleep, it will be necessary to go to bed at eight o'clock the night before. You will need to go to bed early in order to get a full night's sleep.

Avoid Exciting Things Just Before Bedtime:

It will be easier to go to sleep if you avoid exciting games or stories just before bedtime. Fearsome stories or movies may make it difficult to get to sleep, or cause bad

dreams. Avoid eating too much just before going to bed. If the "big" meal of the day is taken in the evening rather than at noon, be sure to eat it early enough to allow an hour or two to pass before going to bed. This will help digestion as well as sleep.

Remove All Clothing:

Change from your underclothing to night clothing. Put on fresh night clothing or night clothing that has been aired throughout the day. You will feel better and enjoy your sleep more.

Go to the Bathroom:

Going to the toilet just before going to bed is a health habit every one should form. It is necessary to get rid of body wastes regularly in order to prevent the body from being harmed by them. Before leaving the bathroom, wash your hands and face, and brush your hair.

Sleep With the Windows Open:

Be sure to let plenty of fresh air into the bedroom at night. Air that is breathed over and over again becomes "stale" and is not



The Blessing of Sound Sleep

Remember: Windows open—covers not too warm—a quiet place—in the dark—alone, if possible.

so good as fresh air for aiding growth and for refreshing sleep. Open the windows even when the weather is cold outside. Take care to avoid drafts (wind blowing directly on you).

Breathe Through the Nose:

Breathing through the nose is the best way to breathe, as it warms the air and helps to purify it. Breathing through the mouth

is a bad habit. Mouth breathing is sometimes caused by growths called adenoids. Adenoids are located behind the nose, high up in the throat. They cannot be seen when we look into the mouth. All of us have some adenoid tissue when we are young. Adenoids, however, become dangerous when they become too large. They keep the air from passing through the nose into the body. Frequent colds are sometimes partly caused by them. Have enlarged adenoids promptly removed when advised by a doctor to do so.

Sleep in the Dark:

A gas light or oil lamp burning in the room takes away some of the freshness of the air. Darkness is restful. You will sleep better without a light of any kind.

Sleep in a Quiet Place:

The quieter it is, the more likely you are to have a good rest when you sleep. If your sleep is disturbed you are likely to wake up in the morning feeling cross and tired.

Keep the Body Well Covered:

It is better to have several light covers than one heavy one. You can thus select the right number of covers to keep you warm. If your body is either too warm or too cold at night you will not sleep well. Your rest will be disturbed.

When Possible, Sleep Alone:

It is more comfortable and more healthful to sleep alone. If you cannot have a bedroom of your own, it is best for those in the same room to have separate beds rather than to sleep in the same bed. In this way, neither one will disturb the sleep of the other.

Keep Your Bedroom Clean and Neat:

“Air” the bed clothes each morning by throwing them back over the foot of the bed. Allow fresh air to come into the room each day. A good bedroom should not have too much furniture in it and not too many ornaments. The more of them you have, the harder it is to keep the bedroom clean. Keep your clothes off the floor.

LEARN BY DOING**Remember—Try to Practice:**

1. Be sure to get enough sleep.
2. Go to bed:
 Early enough.
 At the same hour each night.
3. Go to bed with a calm and quiet mind.
4. Change from underclothing to night clothing.
5. Be sure your bedroom has fresh air.
6. Breathe through the nose.
7. Sleep in the dark:
 In a quiet place.
 If possible, alone.
8. Keep the body well covered, but not too warm.
9. Keep your bedroom clean and in order.

Some Problems to Think About:

1. How much sleep does a child of your age need? Count the hours from the time you go to bed until you get up in the morning. How many hours? Are you getting enough sleep?
2. Can you think of any times when you will need more sleep than at other times?
3. At what time should a child of your age go to bed each night and get up each morning?
4. Do grown-ups need more or less sleep than children? Why?

Activities for Workers:

1. Do you wake up in the morning without being called? If not, it is a sign that you are not getting enough sleep. Go to bed earlier.

2. Keep a record of the time you go to bed each night and the time you get up next morning. Find how many hours of sleep you get each night. Keep the record for a week. How does the record compare with the table of hours needed at your age?

KNOWING THAT YOU KNOW

Write the answers on paper. Make an outline instead of using complete sentences, if you wish.

1. Give three reasons why sleep is important.

2. Why do younger people need more sleep than older people?

3. Name three things that must be taken into consideration in deciding how much sleep any person needs.

4. Name three things that could cause too much excitement before going to bed, and which should therefore be avoided.

5. Name five things that should be attended to just before going to bed. There are more, but you can name at least five.

6. Make a list of five habits that will help to make sleep more refreshing and restful.

UNIT 12

YOUR FOOD AND DRINK

More Body-Builders

Building the Playhouse:

Sue and her brother Eddie lived in a house with a large yard around it. One day during the summer they started to build a playhouse beneath the shade of the apple tree.

Eddie brought some old pieces of lumber. They were big and strong. He stood them up and nailed them together. Over them he laid some old rugs and pieces of canvas. They used an old rug as a covering for the floor to protect them from the dampness of the ground. Sue brought out a small table and some small chairs. It was cool and pleasant inside, away from the hot sun.

When father came home in the evening, Sue and Eddie took him out to see the playhouse. They told him about the many things they had used to make it. Father said they had done very well. He was proud of their work. "It takes many things to

build a house," he said, "and lots of hard work." Can you name some of the things that are needed to build a real house?

* * *

In some ways, the building of a house is much like building up your body. It requires many different kinds of food to make it grow big and strong. Each food has its own special value for our growth and health. Food is one of the most important factors in health. Like air and water, we must have it, or we die. We need the right kind of food, not only to keep alive, but to help us grow. Foods are also needed to give us strength. The heat that keeps the body warm also comes from the food we eat.

What You Should Eat and Drink

In this unit, we shall study about the different kinds of food and their uses. We shall learn how food helps the body growth, and which foods to eat for strength. We shall find that some foods are more valuable to us than others. Some foods are needed only in small amounts. Sample meals are



Do you see anything funny about this? Is the little boy surprised? Be sure this does not happen when you get on the scales.

given together with rules for the selection and care of foods. Suggestions for the cooking or preparing of the food are given.

We shall study also the problem of what to drink, what is best for growing boys and girls to drink, and why. Some drinks are healthful. Others are harmful.

Food and Growth:

Food is needed to make the body grow. Children who practice good health habits and eat the right kinds of food show this growth by gains in height and weight.

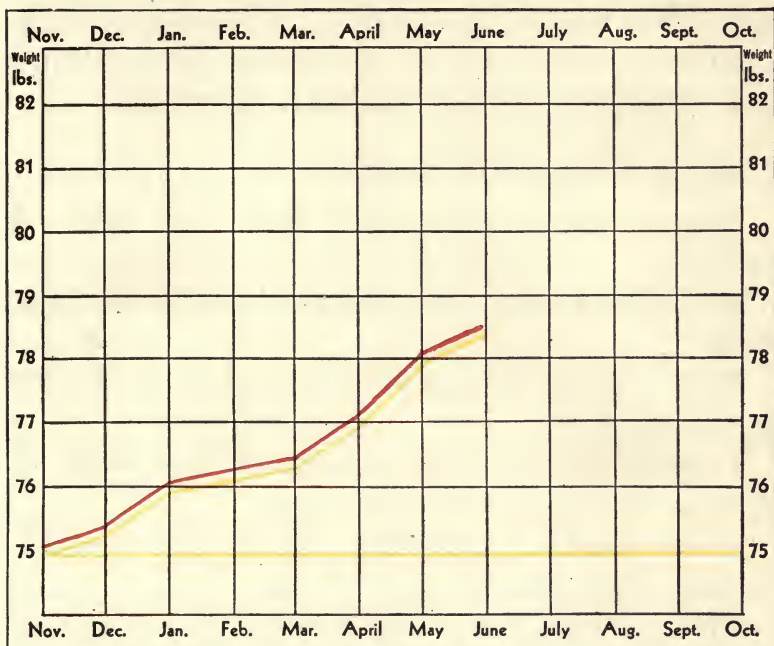
In many schools, pupils are weighed each month. These weights are written on forms prepared for this purpose. See page 157 for a sample form which you can use. Changes in weight from month to month are watched and discussed. When you weigh yourself, wear only the usual "indoor" clothing and take off your shoes.

If you weigh yourself regularly, it will be helpful to keep your record month by month. Compare it with the figures in this table:

Normal Monthly Increases in Weight

BOYS				GIRLS			
5- 8 years.....	6	ounces		5- 8 years.....	6	ounces	
9-11 "	8	"		9-11 "	8	"	
12-14 "	12	"		12-14 "	12	"	
15-16 "	16	"		15-16 "	8	"	
17-18 "	8	"		17-18 "	4	"	

Food is not the only thing that affects your growth and health, although it is one of the most important. Growth may be affected by a lack of rest and sleep. Diseased tonsils and abscessed teeth may disturb the use the body makes of the food that is supplied to it. Certain organs or "glands" in the body help to control growth. When these glands do not



Make your own chart like this. Put the months at the bottom of the twelve vertical lines. Then draw horizontal lines to represent pounds, starting with your present weight at the bottom. Weigh yourself about the same date of each month just before breakfast. Draw a line connecting the weight of each month. Compare this line with the heavy straight line that shows your weight when you began the chart. This will show very clearly whether you are gaining each month. Begin with any month, or any date.

work properly, they may cause a person to grow too fast or too slowly. Remember that regular, normal gains in weight throughout the growing years are a sign of health.

Different Kinds of Foods:

Meats: Foods that come from the flesh of animals.

Dairy Products: Milk and foods that come from milk.

Eggs: These are sometimes included with dairy products.

Cereals: Foods that come from the seeds of wheat, corn, rye, oats, and rice.

Green Leafy Vegetables: Foods like spinach, lettuce, and cabbage.

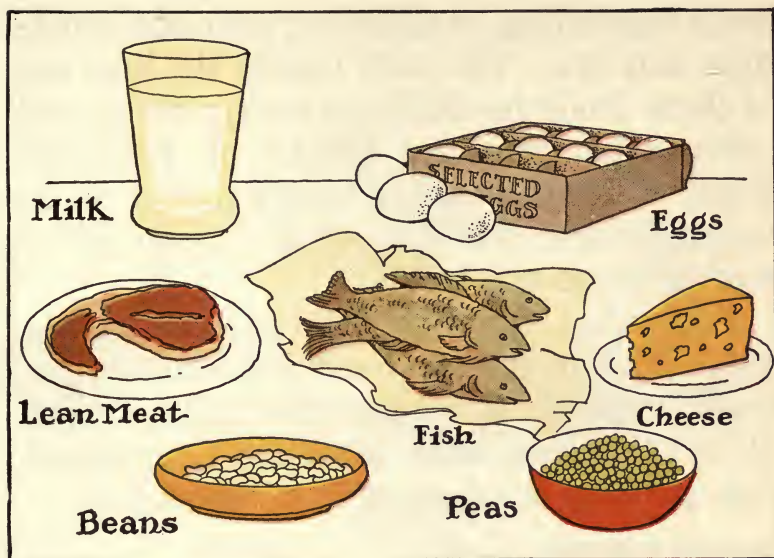
Other Vegetables: Such as potatoes, beans, peas, and carrots. They may be dried, canned, or fresh.

Fruits: Foods like apples, oranges, pears, and bananas.

Nuts: Chestnuts, walnuts, pecans, and almonds.

Good Foods for Growth:

Good foods for growth are sometimes called "body-building" foods. Certain foods are especially good for supplying the body with material for building up the tissues.



Some Muscle-Building Foods

These are the best foods for building up the muscles of the body. The best foods for building up the bones are found on pages 159-160. All of these foods are needed for good strong bodies.

They are the foods that help us to “put” on more muscle. These tissue, or muscle-building, foods include milk, eggs, lean meat, fish, cheese, and beans and peas (especially the dried ones).

Foods that are needed for building good, strong bones and teeth include milk, green,

leafy vegetables, cauliflower, oranges, tomatoes, and figs. The body makes the best use of these foods for building strong bones and teeth when you get plenty of sunshine. When it is not possible to get plenty of direct sunshine, cod-liver oil is a good aid to strong bones and teeth.

Foods that supply the iron needed to make good blood include spinach and other green, leafy vegetables, eggs (the yolk), meats (liver and lean beef especially), molasses, figs, prunes, dried peas, and beans.

Foods for Strength:

Food gives strength and "energy" to the body. We need plenty of strength for play and work, especially when we are young and active. The right kind of food helps you to make the best use of your mind. A person who is hungry or undernourished is not likely to be mentally alert and quick in either muscular or mental work.

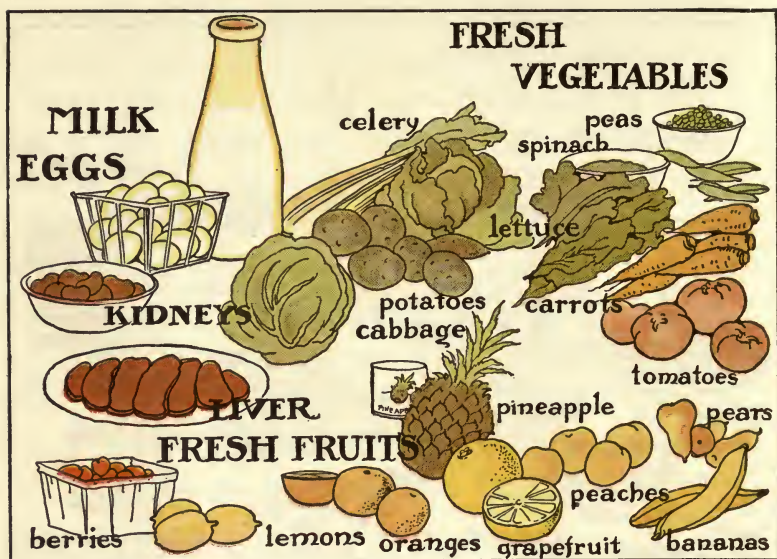
The food that gives the body strength and energy also helps to keep the body warm. When it is cold out of doors, it is important to eat foods that give heat to the body.



Some Foods that Supply Energy

These foods do not build muscle, but they do supply heat and energy to the body. Energy is a form of strength. When do we need these foods most, in winter or in summer?

Many different foods supply us with heat and energy. These include milk, cereals, bread, macaroni, rice, potatoes, and other vegetables, fruits, sugar, molasses, honey, fat meats, butter, nuts, cream, olive and other salad oils.

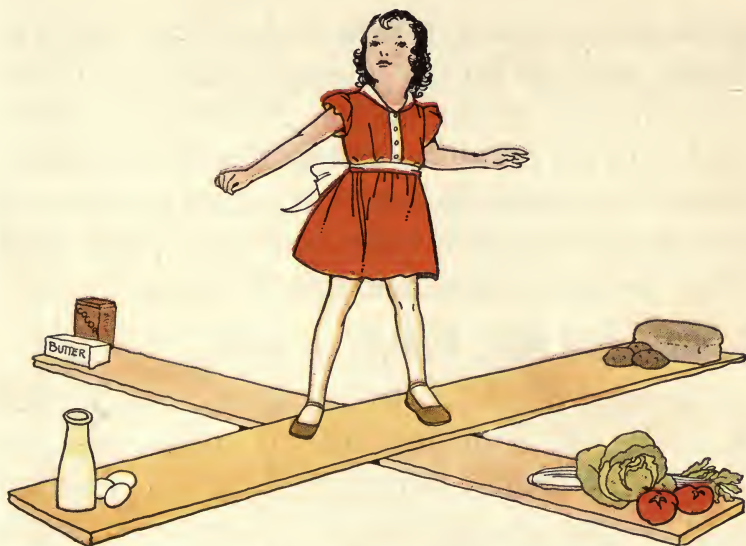


Some Foods that Contain Vitamins

Vitamins are substances needed by the body for good health and proper growth. These foods are important because they supply us with vitamins. Without vitamins, we could not live and grow.

Foods for Health:

The body needs substances called "vitamins" in order to grow and to keep well. Without proper vitamins, people grow ill and die. These important substances are found in many different foods. The most important foods that contain them include



A Balanced Diet

Why do we call this a balanced diet? Tell how this picture shows that the girl has a balanced diet.

“whole” milk (milk from which the cream has *not* been removed), fresh, “green” vegetables, and raw fruits.

Eat All Healthful Foods:

It is a good thing to like all good foods. Remember that your body needs different kinds of foods for different purposes. Some foods are best for the growth of the muscles or tissues of the body, and some help to

build good, strong bones and teeth. Certain foods, such as butter, cream, and fat meats, furnish heat to the body. If there is a good food you do not like, try to eat a little each time it is placed before you. It is surprising how one develops a taste or liking for a food after he has eaten it a few times.

Drink (and Eat) Plenty of Milk:

The best food for growing boys and girls is milk. It contains useful materials for building muscles, bones, and teeth. The fat in milk (the cream) helps to supply strength and energy the body needs for play and work. Milk also contains some of the vitamins the body must have. Milk is both food and drink. Can you tell some of the forms in which we "eat" milk? How many different milk drinks can you name?

Growing boys and girls should eat or drink a quart of milk a day. "Whole" milk is the best kind of milk for growing persons. This is milk from which the cream has *not* been removed. The cream contains most of the fat that is in the milk and is valuable for the strength, energy, and vitamins it

gives the body. Milk from which the cream has been removed is called "skim" milk.

Clean, Safe Milk:

Milk is such a valuable food and is used by so many persons, both young and old, that special care should be taken to keep it clean and safe. If it is not watched carefully, milk may spread disease.

In order to make sure that milk is free from disease germs, it is usually *pasteurized*. This process consists in heating milk to a certain temperature and keeping it at that temperature long enough to kill disease germs that may be in it. It is then cooled and bottled. It should be kept cool until it is used.

In the home, keep milk in a cool, clean place. Keep it near the ice in an ice box, or near the ice-making part of an electric refrigerator. Wipe the top of the bottle with a clean cloth before pouring the milk from the bottle. You cannot always be sure what has come in touch with the outside of the bottle and its cap. It is safest to use bottled milk. It is much easier for impuri-

ties to get into milk that is poured from a large container than it is for them to get into milk that is bottled and tightly capped at the dairy.

Eat at Least One Green Vegetable Each Day:

Green vegetables, such as lettuce, cabbage, and spinach contain the vitamins that are needed by the body for growth and health. They contain minerals needed in building up the bones and teeth. Fruit and vegetable salads containing raw fruit and raw vegetables, either chopped or grated, are very good for growth and health. They must be well chewed.

Eat Some Fresh Fruit Every Day:

Fruits are important health-giving foods. They supply the body with some of the strength and energy it needs. They contain minerals and vitamins that help the body to grow and develop properly.

Try to eat some raw, ripe, fresh fruits each day. Fruits are cheapest and best when they are "in season." It is possible to get fresh fruits all through the year, although

they may cost a little more when they have to be brought to us from far away places. There are many fruits from which to choose. These include:

Apples	Berries	Melons	Pears
Apricots	Grapefruits	Oranges	Pineapples
Bananas	Grapes	Peaches	Plums

Eggs and Meat:

During the growing years, care should be taken to supply enough body-building foods. These will be found to include milk, eggs, lean meat, fish, cheese, beans, and peas.

Milk has already been described as one of the best body-building foods. Eggs form another important food which helps the body to grow. Eggs can be prepared for the table in a number of different ways. Fried eggs are harder to digest. Lean meat is a valuable body-building food. When plenty of milk and eggs are eaten, you do not have to depend so much upon meat to meet these needs.

Drink Plenty of Water:

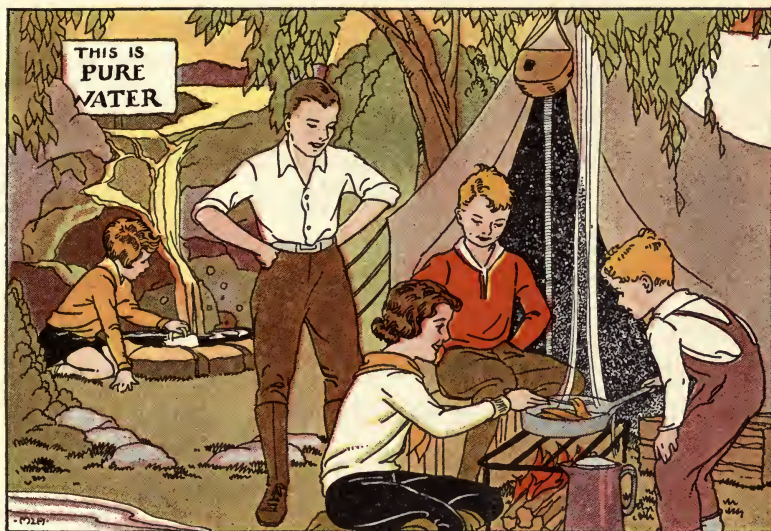
The body needs to be supplied with plenty of water. Water is needed to make up for

the water that is lost to the body each day. Foods supply the body with some of the water it needs. Milk is mostly water. Fresh vegetables and fruits also contain considerable water. The water taken into the body with the foods is not enough. Form the habit of drinking from four to six glasses of water a day.

Drink a glass of water before breakfast. This will help to cleanse the mouth and stomach and aid the body in getting rid of waste materials through the movements of the bowels. When water is taken with a meal, drink it when there is no food in the mouth. Do not use it to wash down the food.

Drink Slowly:

It may harm the body to drink rapidly and in large amounts. This is especially true when you are very tired or overheated from work or play. Ice water or other very cold drinks are not always wisely used, even in warm weather. If you drink ice water, drink it very slowly. A lot of very cold water or other cold drinks will interfere with digestion and may make you sick.



Camping is good fun, but we must be sure that the water is pure. Why?

How can we protect ourselves?

Water Must Be Pure:

Water that is taken into the body should be pure. Impure water may interfere with the proper digestion of the food. Typhoid fever and some other disease may be spread from place to place in drinking water that is not free from these germs.

Be careful when drinking water in public places. Do not use a "common," or public, drinking cup, because the germs of many

diseases may be spread in this way. When drinking from a "bubbling fountain," keep your lips away from the metal. It is not wise to drink from a stream, a well, or a spring unless you know that the water is safe. Be careful of this when camping or when on a picnic. In many states, signs are posted to tell you that the spring or well contains water safe to drink. If you are not sure that the water is safe, it is better to ask for some at the nearest house.

Coffee, Tea, and Drinks Containing Alcohol:

Coffee and tea are harmful to the nerves of children. These drinks will not harm grown-ups as much as they will children, but they are not good for grown-ups either when they are used too often or in large amounts. Coffee and tea may keep a growing person from using enough milk. Coffee and tea have no value as food. When they take the place of milk, we lose the valuable food and nourishment that are in the milk and which are needed to help the body grow. Regular use of coffee and tea makes the body so used to their "stimulating" or "ex-

citing" effects that their use becomes a habit. It is hard to stop using them when this habit has been formed.

Such drinks as beer, wine, and whiskey contain a substance called alcohol. Parents who have come to this country from some parts of Europe sometimes give their children wine to drink. This is harmful to children for a number of reasons. Alcohol is not a real food for the body. It cannot help in building muscles, bones, teeth, or any other part of the body. In Unit Sixteen, pages 218-228, you will read about a number of the harmful effects of alcohol upon the body. Milk is best for both adults and children.

Candy and Cake:

A little candy and cake will not hurt you if your digestion is good, but too much sweet food may make you sick. Candy is mostly made of sugar. Sugar is a food that gives heat and energy to the body *and nothing else*. The best time to eat candy, cake, and other sweet things is right after a meal. Candy or cake should not be eaten between meals.

It spoils the appetite, and keeps you from eating other foods the body must have in order to grow strong and healthy.

Eat Foods Suitable to Your Age:

Growing boys and girls need different kinds of food and different amounts of foods than those that "grown-ups" often eat. Select the foods that are best for you.

Eat Food Suitable to the Season of the Year:

Food gives heat to the body. In cold weather, we need food that gives plenty of heat and energy to the body. In warm weather, the body does not need so much heat-giving food as it does when the outdoor temperatures are cold. Fats and oils are rich, heat-giving foods and therefore best suited to cold weather. Salads, fresh vegetables, and fruits should be plentifully used when the weather is hot. They do not supply as much heat as the fats and oils.

Foods for Three Meals a Day:

In order to supply the different foods the body needs for growth, strength, and en-

ergy, a variety of different foods should be eaten. The foods for a day should include a quart of milk, one or two fresh vegetables besides potatoes, fruit, cereals, eggs, meat, or a food that can take the place of meat once in a while such as fish, cheese, peas, or beans.

These foods should be divided among breakfast, lunch, dinner (or supper) in a way that will suit the ages of the persons and the season of the year. In many cases, it is desirable to have the big meal at the middle of the day. During the school years, however, this is often impossible. Many children do not come home at noon, or there may not be enough time to eat a "full" meal slowly, and rest a sufficient time afterwards before going back to play or work. A sample menu (list of foods) for a breakfast, lunch, and dinner, and a breakfast, dinner (noon) and supper are given on pages 174-175.

The meals listed on those pages are best suited to certain seasons of the year. Which ones are best suited to hot weather? Which ones are best suited to cold weather?

The School Lunch. Many schools have

I. Breakfast—Lunch—Dinner (evening)**Breakfast**

Fruit: Oranges
Cooked cereal: Oat-
meal and milk
Milk, or cocoa (1 glass,
or cup)
Bread, or toast, and
butter
Eggs (and bacon), if
desired

Lunch

Something hot: Cream
of tomato soup
Milk: One glass or cup
Bread and butter, with
cheese, or jam, and
jelly
Dessert: Rice pudding

Dinner

Milk: One glass or cup
Meat: Roast beef
Vegetables:
Spinach
Canned tomatoes
Potato
Bread and butter
Salad: Lettuce and oil dressing
Dessert: Canned peaches and plain cake

lunch rooms in which pupils may purchase foods for the midday meal. Select a suitable warm, cooked food, milk or cocoa, bread and butter sandwiches with meat, cheese, or

II. Breakfast—Dinner (noon)—Supper**Breakfast**

Fruit: Blueberries
Cereal: Crisp breakfast cereal and milk
Milk: (1 glass, or cup)
Bread, or toast, and butter
Egg, if desired.

Dinner

Milk: (1 glass, or cup)
Meat: Broiled lamb chop, or lamb stew
Vegetables:
Boiled beet tops
Peas
Potato
Bread and butter
Salad: Shredded raw cabbage with dressing (cole slaw)
Dessert: Fresh peaches

Supper

A hot, cooked food: Creamed asparagus on toast
Milk: (1 glass, or cup)
Bread and butter, with jam, or jelly
Salad: Lettuce and tomato
Dessert: Apple tapioca pudding

other tasty fillings, and a wholesome, nourishing dessert.

When the lunch is carried to school, the "box lunch" should be planned as one of the

“meals” for the day. It should not be a meal of just “left-overs” or anything that is easiest to get ready. It is possible to have milk with the noon-day lunch where a “thermos” bottle can be used in which to carry it and keep it cool until needed.

There are many excellent desserts that are suitable for a box lunch. Fruits are always welcome and there are many different kinds that are appetizing to carry to school. Cookies, plain cake, and puddings will provide the “sweets” that help so much to give a finishing touch to the lunch.

Candy, when eaten, should be eaten only at the close of a meal, and not before meals or between meals.

Buy Food in Clean Stores:

A *clean* store is one where the people who handle and sell the food have clean hands and clean clothing. An unclean person may sell you food that has been made impure by dirty hands or clothing.

Buy milk that has been safely bottled at the dairy. “Loose” milk (dipped from the can when sold) is difficult to keep clean.



Clean Food from Clean Stores

Be sure that the food you eat comes from a clean store. Tell some of the things that you see that make you feel that the store is clean and the food is pure.

Keep Food Clean at Home:

Food in the home should be kept away from dust, insects, mice, and rats. This will help to keep the germs of disease out of foods and make them nicer to eat. Many foods are sold in packages that protect them from dust, but care must be taken to keep insects, mice, and rats from them. In warm weather it is necessary to take extra care to prevent meats, milk, vegetables, and fruits from spoiling. Keeping them cool is one of the best means to use for this purpose.

Keep flies from breeding around the house by keeping garbage pails tightly covered and allowing no refuse to gather about the yard. Keep flies out of the house by screening the doors and windows and keeping the screens in good repair.

Eat Food That Has Been Properly Cooked:

Cooking helps to soften and prepare foods so that they can be used more easily by the body for growth and strength. Cooking improves the flavor of many foods. It also kills any disease germs that may be in the food and helps to keep foods from spoiling.

LEARN BY DOING

Remember—Try to Practice:

1. Eat all kinds of wholesome food.
2. Eat some fresh fruit every day.
3. Eat at least one fresh vegetable every day.
4. Take a pint and a half to a quart of whole milk a day.
5. Eat foods suitable to:
 - Your age.
 - Your health.
 - The season (hot or cold weather).
6. Keep foods clean.
7. Avoid much fried or greasy food.

8. Candy or cake:
After meals, rather than before.
Avoid too much.
9. Drink pure water only:
Be sure it is safe.
Four to six glasses a day.
Drink slowly.
Avoid too many cold drinks.

Some Problems to Think About:

1. Why is it healthy to have a good appetite?
2. Why is it necessary to like many different kinds of food?
3. In how many different forms do you eat and drink milk during one week? Make a list of them.
4. How is your drinking water obtained? What care is taken to make sure it is safe to drink?
5. Why should drinks containing alcohol be avoided?

Activities for Workers:

1. Weigh yourself: Keep a chart—by the day, week, or month. Be sure you increase enough in weight over a period of several months.
2. On a page of your notebook, paste some cut-out pictures (from old magazines) of foods that are good in summer time.
3. On another page show the foods that are best for winter. (Cold weather foods.)

4. Help to plan suitable meals for a day: (a) with the biggest meal at noon, (b) with the biggest meal at the end of the day.

5. Plan a number of suitable lunches that contain the things you like. What good foods can you add to these?

6. Make two lists of foods, ten foods in each list:

(a) Foods good for strength and heat.

(b) Foods good for growth.

KNOWING THAT YOU KNOW

1. Name five different kinds of foods. (Page 158).

2. How many ounces should a boy or a girl of your age gain in weight in a month? (Page 156).

3. The body needs food for: (Pages 158-161).

S - - - - -

G - - - - -

H - - -

4. Name five foods that are important for the vitamins they contain. (Page 162).

5. Name five foods that supply mostly heat and strength. (Page 161).

6. Name five foods that supply mostly body building materials. (Page 159).

7. Give five reasons for drinking milk. (Page 164).

UNIT 13

YOUR HABITS OF EATING Eating for Health and Growth

At the "Zoo":

A "zoo" is a place where wild animals are kept. Many large cities have such places. Once a fourth grade class went with their teacher, Miss Kay, to the "zoo." There they saw many wild things of all kinds—birds, snakes, bears, lions, monkeys, zebras, deer, and many others. Some of the animals were kept in cages with iron bars, some in pens, and some in glass cases. The keepers of the animals and birds went around to feed them. The class noticed that the keepers put different kinds of food in each cage or pen.

To some birds the keepers gave fish, which they swallowed whole, head first. To other birds they gave seeds; to others, vegetables or fruits. Some animals, such as the lions, received big chunks of meat. How they roared when the keepers came to their cages with the food!



Animals in a zoo are fed special foods and at regular times.

Other animals received hay. The monkeys had fruit and nuts. Some of the snakes received whole eggs, and they swallowed them whole. All of the cages had some water in them. Birds, snakes, and animals, all had some water. Some of the younger animals received milk to drink.

Miss Kay spoke to the keeper, and all the children crowded around to hear.

"It takes many different kinds of food to feed all of these animals," she said.

"Yes, indeed," he replied, "and much care,

too. We must be sure to get just the right food for each one. Even the different kinds of monkeys eat different kinds of food.

"Those big monkeys over there are called apes. They get three meals a day just like human beings. They eat vegetables, fruits, milk, and eggs. Each monkey gets some cod-liver oil every day. It helps to keep them strong and healthy."

"Do you feed them all at the same time?" asked one of the children.

"Oh, no," replied the keeper. "Some are fed only once a day, such as the lions. The deer are fed twice a day. The big snakes eat only once a month."

"Do animals and birds get their meals at the same time each day?" asked one little girl. (She had been late for her evening meal at home the day before.)

"Yes, we feed them at regular times by the clock," he replied. "It would upset them if we did not. The lions are fed at three o'clock every day, the elephants at half past three. The birds are fed in the morning at ten o'clock, the bears at nine o'clock and

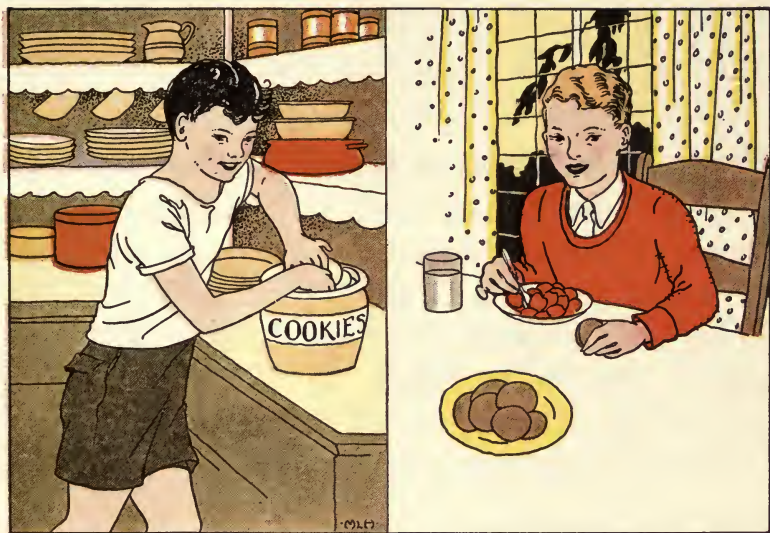
again at four o'clock. Birds and animals are just like human beings. *They are healthier when they eat their meals at regular hours. They must be careful also to eat the right things in order to grow and stay healthy.* Correct habits of eating are very important."

To Get the Most Good From Your Food

We must know not only what to eat, but when and how it should be eaten. These important things we shall learn in this unit. This means that in order to eat well, we should also know something about good table manners. You will find them too in this unit.

Eat Your Meals at Regular Hours:

You should eat your meals at about the same time every day. Get up early enough to eat a good breakfast and take time to chew it well. Breakfast is an important meal of the day. It should not be neglected from lack of time to eat it properly. The evening meal should be eaten early enough to allow at least a couple of hours between



Eat at Regular Hours

Give your stomach a rest between meals.

Get up in time to eat a good breakfast.

Chew your food thoroughly.

Eat moderately.

the close of the meal and bedtime. The organs that digest your food do their best work when you eat your meals at regular hours. This gives them a chance to get the rest they need between meals.

Chew Your Food Thoroughly:

To do this one must have good teeth and take time enough for meals. If you do not

chew your food well, the organs which digest your food will have too much work to do. This may cause illness. *Eat slowly.*

Keep Your Teeth in Good Condition:

One cannot chew well with badly decayed teeth. Poorly chewed food causes indigestion. In addition to that, food gets into the holes in the teeth and then decays. This decayed food is harmful. It interferes with the proper digestion of your food. If not removed it causes a tooth cavity.

Eat Moderately:

It is a good thing to eat a meal that is suited to your age and the season of the year. Eating can be overdone just like anything else. Avoid trying to see how much you can eat or to see if you can eat more than some one else. This is very harmful to health. It is often said that more people die from eating too much than from eating too little.

Rest Quietly After Meals:

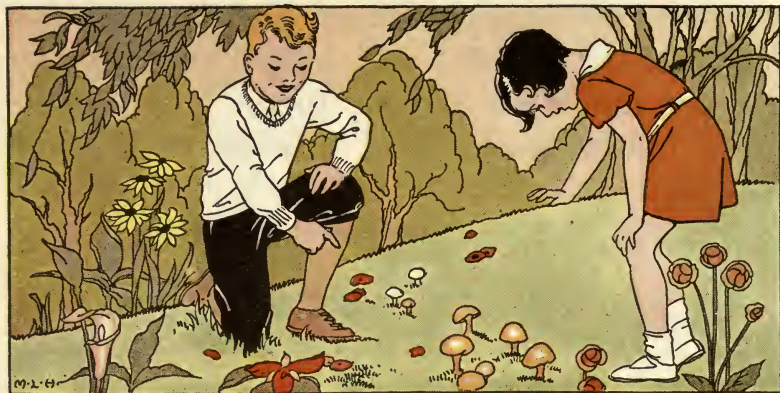
After a meal, you should rest (not sleep) or play quietly. This rest helps food to

digest more easily. Hard play or exercise right after a meal will interfere with the proper digestion of your food. It is a good plan to sit quietly and talk or read after eating.

Safety First in Eating:

Be sure that everything you eat is pure and wholesome. It is not wise to "take chances" on what you eat. Avoid "spoiled" foods. These include foods that have turned "sour" or that are covered with "mold." It is not safe to eat overripe fruits or foods from cans in which the tops and bottoms are bulging *outwards*. The bulge is caused by gas from the spoiled food inside the can. In order to be sure the cans contain "safe" foods, the ends should be curved slightly *inwards*. Be sure to examine the tops and bottoms of cans containing food. Food should be removed from all cans as soon as they are opened.

Many boys and girls have been poisoned or made sick by eating candy that was given to them by strangers on the street. Men and women have been made sick the same



*Are they really mushrooms? Is there any danger?
Be sure that all the food you eat is pure and safe.*

way—by eating candy or food that was sent to them from some unknown person in the mail. Never eat anything that comes from an unknown person. Take it, if you must, but throw it away the first chance you get. Put it where some one else cannot find it.

People are sometimes poisoned by eating wild mushrooms or “toadstools” that are picked in the woods or fields. “Wild” mushrooms should not be eaten unless you know the differences between the safe and unsafe kinds, or unless they are given to you by some one who is sure they are safe to eat.

Many people have been poisoned by eat-

ing poisonous wild berries in mistake for wild huckleberries or cherries. It is not wise to pick and eat any wild berries unless you know exactly what they are. Do not guess. It is too dangerous.

Food and Good Manners

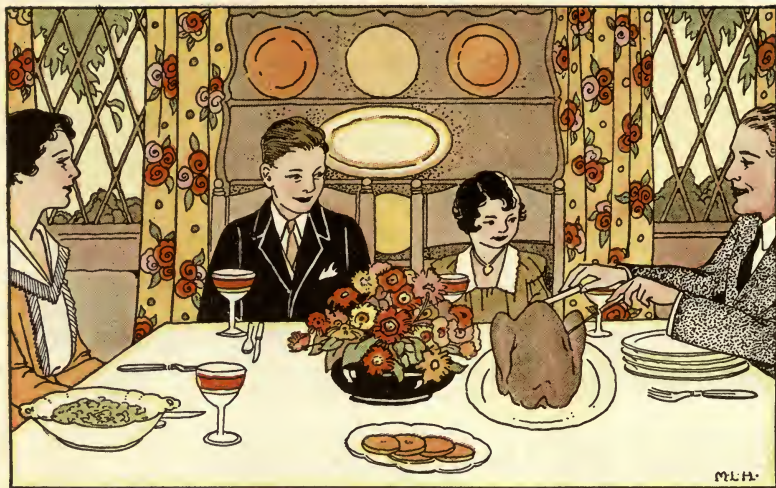
Good manners, too, have much to do with your health and happiness.

Be Neat and Clean at the Table:

Self-respect and respect for others should be shown by being neat and clean before you appear at the table. From unclean hands or faces, germs may get in food or on food. You will also enjoy your food more, and will therefore digest it more easily.

Make the Meal-time Pleasant:

Meal-time should be a happy gathering of the family. Do your best to make it pleasant. You will enjoy your food more, and it will digest better when you are in a pleasant frame of mind than when you are nervous and fretful. Talk only about pleas-



Food for Mind and Body

Be cheerful. Talk slowly, quietly, and take your turn at listening. Take time to be courteous. Chew your food well.

ant and agreeable things at the table. Let everything you say be pleasant and cheerful. Rather than talk about "friends," it is better to discuss the important happenings of the day. In this way, many helpful things can be learned by each member of the family. Quiet and interesting conversation enables everyone present to eat slowly and chew the food well, if he does not talk too much.

LEARN BY DOING

Remember—Try to Practice:

1. Eat meals at regular hours.
2. Chew your food thoroughly.
3. Keep your chewing tools (teeth) in good condition.
4. Eat enough, but not too much.
5. Rest quietly after meals.
6. Eat and drink only what you know to be safe and clean.
7. Good manners for good health:
 - Be clean and neat.
 - Use a napkin.
 - Pass food properly.
 - Never reach across the table.
 - Use knife, fork, and spoon properly.
 - Be considerate of others.

Some Problems to Think About:

1. Why should the meal be pleasant?
2. How can the meal-time be made enjoyable?
3. What is meant by being "considerate of others" at meal-time?
4. How can good table manners aid good health?
5. Name some good things to talk about at meal-time today.

Activities for Workers:

1. When George Washington was a young boy, he wrote out some rules of conduct. In *your* note-

book, write some rules for eating politely that he might have written if he were a boy today.

2. Make a chart to show your food habits.

Give yourself a point for each day you:

Eat some fresh fruit (1 point).

Drink a quart of milk (1 point).

Drink no tea or coffee (1 point).

Eat a fresh vegetable (1 point).

Wash hands before each meal (1 point).

Can you score 35 points in a week?

3. Bring a table napkin to school. Show how it should be placed on the lap. Show also how to use it in wiping the fingers and the lips.

KNOWING THAT YOU KNOW

Copy the complete sentences on a piece of paper, picking out the *best* answer for each sentence.

1. All meals should be eaten
right after exercise.
at regular hours.
once a week.
2. Good teeth are needed for
biting pencil ends.
whistling.
chewing food well.
3. When sneezing at the table one should
make a loud noise.
turn the head and use a handkerchief.
put the hand in front of the face.

4. Meals should be eaten at regular hours because
 - it is more convenient.
 - it gives our organs some rest.
 - it develops an appetite.
5. Chewing food well
 - is good exercise.
 - aids digestion.
 - makes it taste better.
6. Decayed teeth
 - may cause indigestion.
 - should be brushed carefully.
 - should be pulled.
7. Right after a meal one should
 - rest quietly.
 - take regular exercise.
 - take a long run.
8. One should not eat too much food because
 - it does not look well.
 - it makes more work for others.
 - it may make us ill.
9. Canned food that has spoiled can be known because
 - the ends of the can bulge.
 - it does not cost much.
 - of the color of the label.
10. If a stranger offers you candy, you should
 - politely refuse to take it.
 - eat it.
 - take it and throw it away.

UNIT 14

YOUR HABITS OF ELIMINATION

Keeping Yourself Clean Inside

The House Beautiful:

There was once a rich man who built himself a very beautiful house. It was made of the most expensive materials. Lovely trees and gardens surrounded it on the outside.

There was only one thing that was wrong. The house was not clean inside. There were dust and dirt and cobwebs everywhere. The kitchen was full of garbage that should have been thrown out. The cellar was piled high with ashes and trash of all kinds. What would you think of such a house?

You will probably say that it seems very silly to have such a beautiful house and fail to keep it neat and clean inside. Certainly you and I would not want to live in such a house no matter how fine it looked from the outside.

Our bodies are like houses in which we live.

We wash our faces, clean nails and teeth, bathe regularly, brush the hair, and like to wear nice clothes. This is just like keeping the outside of the house clean. We must also keep the inside of the body clean and healthy.

Waste matter from food must be put out of the body regularly. There is also a certain amount of waste matter in the blood. All of this waste matter is harmful if it is permitted to remain in the body, and may make us ill. Failure to get rid of these wastes promptly is a frequent cause of headaches. Often they cause people to feel tired, dull, and weak. Therefore, it is very important to form habits that will help us to get rid of waste materials promptly and regularly.

How to Keep the Body Clean Inside

Play and Exercise:

The air we breathe out of the body carries with it some waste materials from the blood. When you play lively games or take part in athletic sports, you breathe faster and more deeply. This is extra help in keeping the blood pure and the body clean inside. There-



Beautiful Outside—Clean and Healthful Within

fore play and exercise as much as you can out of doors in the fresh air and sunshine.

Other wastes are sent out from the body through the tiny holes in the skin called pores. This form of waste is called perspiration or sweat. Plenty of exercise helps the skin to get rid of some of the body wastes.

Keep the Skin Clean:

Keep the skin clean, and the pores open, by bathing at least twice a week with warm water and soap. Keeping the pores open assists elimination of waste from the blood.

Drink Plenty of Water:

A great deal of water is lost to the body throughout the day. Several pints a day are lost as perspiration through the skin, and as liquid through the kidneys. This water contains waste materials that are very dangerous to health if they are not promptly sent out of the body.

Remember to drink plenty of water during the day, but not a great deal just before going to bed at night. Drink a glass of water as soon as you get up in the morning. Drink as much water as you want between meals. Drink some water with your meals.

When you drink water with your meals, do not use it "to wash the food down." Swallow the food first, then drink. Water taken with meals should be sipped, a little at a time, rather than swallowed in large gulps. Drink from four to six glasses of water a day to make sure the body gets all it needs of this important substance.

Eat Some Coarse, Bulky Foods:

Some of the waste material of the body is eliminated through the intestines, or bowels.

It helps the work of muscles in the intestines when you eat some foods that contain coarse, bulky parts. Foods that contain some coarse, bulky parts are vegetables, whole-grained cereals, and fruits. Important vegetables for this purpose are cabbage, spinach, lettuce, celery, onions, parsnips, and turnips. The fruits include prunes, figs, raisins, and apples. Whole-grained cereals, such as whole wheat and oatmeal, also help the body to get rid of waste materials from the intestines.

Get Rid of Body Wastes Regularly:

It is important to get rid of body wastes regularly. They should not be allowed to remain inside the body, to clog it up, and cause weakness, dullness, and headaches.

Obey the Natural Signals Promptly:

It is best to observe toilet habits at nearly the same time each day. Try to develop the habit of having a bowel movement each morning, shortly after you get up. This is a most important point in everyone's daily program. It saves discomfort and embarrassment at later times during the day. Drink-

ing a glass or two of water before breakfast will be a helpful aid in the practice of this habit. The bladder will need emptying a number of times a day. Try to attend to such needs as promptly as possible. It is helpful also to attend to these needs before going out anywhere and just before going to bed.

A great deal of the failure of the bowels to move properly is due to the fact that many people are too careless about these important habits. A harmful condition called constipation often develops from such carelessness. The wrong kinds of food and too little exercise also help to cause constipation. People sometimes come to depend too much upon medicines (cathartics) to help them get rid of body wastes. Exercise is a good thing for bowel movements. It is better to take exercise than to take medicine.

LEARN BY DOING

Remember—Try to Practice:

1. Play and exercise in the fresh air and sunshine.
2. Keep the skin clean.
3. Drink plenty of pure water.

4. Eat some coarse bulky foods.
5. Eat some fresh fruits or vegetables each day.
6. Go to the toilet at regular times, especially:
 in the morning.
 before going to bed.
7. Obey the warning signal promptly.

Some Problems to Think About:

1. Which is better for proper elimination, to take medicine or to get plenty of exercise? Why?
2. Why is it a good thing to eat fruit for breakfast?
3. Would sleeping with the windows open be helpful in assisting proper elimination?
4. Why is it a good thing to go to the toilet before leaving the house in the morning?
5. Why is it wise to go to the toilet always just before going to bed?

KNOWING THAT YOU KNOW

On a piece of paper, write lists of:

1. Fresh vegetables that are helpful for proper elimination. Name at least four.
2. Some fruits that are also valuable for the same reason. Name at least four.
3. Some other things that assist in forming good habits of elimination. Name at least four.
4. Certain times during the day when it is wise to form the habit of going to the toilet.

UNIT 15

PROTECTION AGAINST DISEASE

How You Can Help

A Tiny New World:

You remember how Columbus discovered a great new world. It was called America. Almost two hundred years after that a man living in Holland discovered a new kind of world. It was the world of tiny animals and plants, so small that we cannot see them with our eyes alone. They live all around us—in the air, in the water, in the ground, and some indeed are in our own bodies. They are called germs or microbes. Some of them are healthful. They cause plants to grow and help to digest food. Other germs are harmful. We call them *disease* germs.

The man who lived in Holland liked to make magnifying glasses. A magnifying glass is a piece of glass that makes things seem much larger than they really are. One day he saw some of these tiny living things

in a drop of water. Then he discovered them everywhere with the aid of his magnifying glass: He told wise men about them, but nobody could tell then what they were. About two hundred years later other men discovered that some of these tiny things were the causes of disease.

We now know that disease germs can be spread from one person to another in a number of ways. Things we touch may contain germs which may be carried from place to place by the fingers. Coughing, sneezing and spitting can spread the germs of certain diseases. The foods we eat and the water we drink may spread the germs of some diseases unless care is taken to keep them pure and safe. Some insects and animals may spread disease germs. Flies are especially dangerous for this reason.

How Your Body Protects Itself

Germs grow very rapidly in places where it is warm, moist, and dark. The inside of the body is warm, moist, and dark. Fortunately for us, the body has a number of ways of defending itself against disease

germs. For example, there are tiny hairs in the nose which help to catch dust and germs that might get into the body from the air we breathe. This is an important reason for breathing through the nose. The blood contains substances which have the power to destroy germs. If these substances are stronger than the germs, their growth is stopped. If the germs are too strong for the body's protectors, the disease gets a start.

Strengthen the Body Against Disease:

1. *Good habits of living* help to strengthen the body against disease. Eat the proper foods, take plenty of exercise in the fresh air and sunshine, get enough rest and sleep, and make sure that the body wastes are regularly eliminated. Things that weaken the body, such as not enough food, late hours, improper clothing, cold, wet feet, and persons who have colds or other diseases that spread easily from person to person should be avoided.

2. Make use of special protectors which strengthen the body against disease. "Vac-

Protection Against Disease Germs

What story is told in each picture about the protection of your own health against disease germs?

cination" protects against smallpox. A "toxin-antitoxin" treatment protects against diphtheria. Children should be protected against smallpox and diphtheria before their first birthday. Treatments can also be obtained to help guard the body against typhoid fever and scarlet fever. Doctors use special treatments for serious diseases such as tetanus (lock-jaw), and in some instances for infantile paralysis.

PART I. PROTECT YOURSELF AND OTHERS

Prevent the spread of disease germs. There are a number of helpful things you can do to protect yourself and others against disease.

Personal Cleanliness Is Important:

Cleanliness is an important protection against the spread of disease. Germs cannot live and grow as well in clean places as in dirty places. Remember that sunshine kills germs easily. *Wash the hands* frequently with soap and water. The fingers touch many things that may contain germs, such as door knobs, street car straps, coins, and paper money. Keep the fingers away from the mouth, nose, and eyes. Always wash the hands before eating and after going to the toilet.

Coughing and Sneezing:

Cover the mouth and nose with a handkerchief whenever you cough or sneeze. When you cough or sneeze, little drops of moisture and any disease germs they may contain will be scattered for several feet in

front of you unless you cover your mouth and nose at such time. Remember that many diseases can be spread by the moisture from the mouth and nose. Kissing directly on the mouth is one way that colds are spread.

Spitting:

Spitting may spread disease. The moisture of the sputum (spit) will be spread by shoes or anything that touches it. When the moisture dries, disease germs in the sputum are free to blow about in the air.

“Common” Cups and Towels:

Avoid the use of a common drinking cup or towel. Such things should never be used in public places where a number of different people can use them. Diseases can easily be spread in this way.

Partly Eaten Foods:

Food that has been partly eaten should not be exchanged.

Keep Out of Crowds:

Keep away from persons who are ill with diseases that are easily spread from one person to another. When a number of persons

in a town or city have colds or influenza, it is best to keep away from crowded places.

Obey the Rules of Quarantine:

There are a number of diseases that spread very easily from one person to another. Therefore, in order to prevent the spread of these "communicable" diseases, the law requires the sick person to be kept in the house, away from other people, until the danger of spreading the disease is passed. This is called a *quarantine*. Good citizens obey the rules of the quarantine and do not take any chances of spreading the disease.

Cuts and Wounds:

Disease germs may enter the body through breaks in the skin. In order to prevent this, scratches and cuts in the skin should be treated with substances which kill germs. This is called "sterilizing" cuts and wounds. Keep iodine or other suitable substances handy for this purpose.

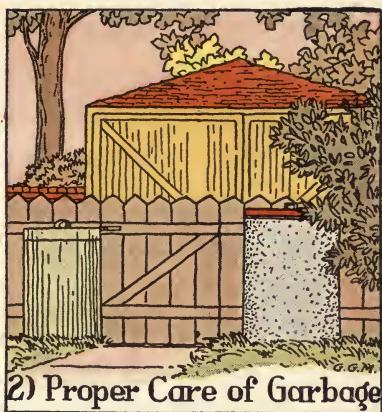
The Doctor Is a Good Friend:

Go to see a doctor when you do not feel well. Remember that there are a number

How Disease Germs Are Spread**Things We Touch****Things Used by Others****Breaks in the Skin
Caused by Cuts, Wounds, Bites****Breaking the
Rules of Quarantine**

Germs enter the body chiefly through the mouth and the nose (breathing). In each picture above tell how the germs would enter the body.

of ways you may be warned that something is wrong inside the body. Get medical advice promptly when you have a cough, sore

Protection Against Disease at Home

What story does each picture suggest about protection against disease germs at home?

throat, headache, vomiting, fever, or other warning signals.

If the doctor advises going to a hospital, remember that hospitals are well prepared to take care of the sick. The day and night care of nurses and doctors is often needed.

PART II. PROTECTION AT HOME

Cleanliness in the home is a protection against disease. Remember that sunlight kills germs easily. Let as much sunlight and fresh air into the house as possible.

Keep Foods Clean and Safe to Eat:

Milk is an excellent food for germs and needs especial care. Keep milk cold because cold hinders the growth of germs. Keep flies away from the home. Flies spread disease germs and dirt as they go from place to place. Flies breed (grow) in garbage, manure, and in many kinds of waste materials. Keep the garbage can tightly covered and the yard free from rubbish. Use screens at doors and windows to prevent flies from getting into the house.

Keep the bathroom clean. Take good care of outside toilets and screen them from flies. Outside toilets should be located so that there can be no drainage from them into the well or cistern that supplies the drinking water for the house.

PART III. PROTECTION AT SCHOOL

Everyone connected with a school in any way should help to keep it clean and neat. A school will stay much cleaner throughout the day when the pupils are thoughtful and careful.

Protection at School

1) The School Doctor



G. G. N. 2) Drinking Water

In each case shown by a picture, tell how protection from disease germs may be practiced at school.

In order to keep down the dust, use the door mats before entering the school, especially on rainy and snowy days. Put waste papers, fruit skins, and other rubbish in cans and waste baskets provided for the purpose.

Use Drinking Fountains Properly:

The water should be turned high enough so that only the water touches your lips. Do not touch the metal or porcelain.

Care Properly for the Toilet:

Keep the toilet clean. Do not mark it in any way. Wash the hands after going to the toilet.

Precautions When Coughing or Sneezing:

Cover the mouth and nose when coughing or sneezing. Spitting is dangerous, too.

The Daily Inspection:

Help in every way you can with the daily morning inspection of the pupils for signs of "communicable," or other diseases that spread easily from person to person. If you have a cough, sore throat, rash (pimples or reddened skin), or other signs of a communicable disease, do not join your classmates until you have seen the school doctor or nurse and are sure that you will not give the disease to another.

In the Lunch Room:

Keep the lunch room clean and neat. Bites of articles of food should not be traded nor should anything be put in the mouth, which has touched the mouth of another.

PART IV. PROTECTION OF THE NEIGHBORHOOD

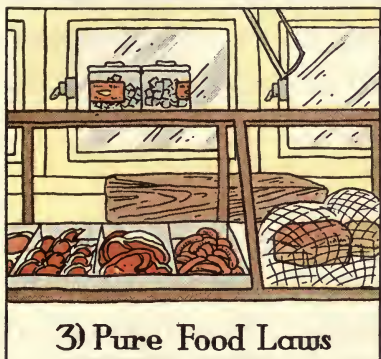
The town, or city, or neighborhood in which you live plays an important part in protecting you from disease.



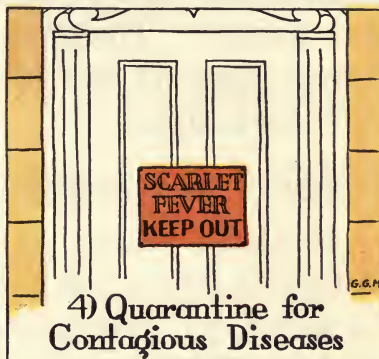
1) Laws of Pure Milk



2) Pure Water Supply



3) Pure Food Laws



4) Quarantine for Contagious Diseases

Neighborhood Protection

Tell how your health may be protected in each case shown by a picture.

Obey Quarantine Signs:

It is the duty of "Health Officials" to see that you are protected from communicable diseases.. They do this by putting "quarantine" signs on houses where there are such

diseases. This is to prevent the sick person and others who might carry the disease from going among other people too soon.

Safe Milk and Water:

Milk should be inspected by the proper health officials to make sure that diseases are not spread in this important food. The drinking water should be free from harmful germs. Towns and cities often spend large sums of money to provide safe water for the people.

Garbage and Sewage:

In places where garbage and rubbish are collected from the houses, it should be done in ways that protect health. The disposal of sewage (body wastes) is very important to health. Many cases of typhoid fever have been traced to sewage that was emptied into a stream used for the water supply of a town or city. There are ways of treating sewage to make it harmless before it is allowed to enter a river or other streams. Some cities do this and others do not. Care must be taken to make water fit to drink and to keep it safe

at all times. Boiling water will kill disease germs.

LEARN BY DOING

For Protection Against Disease:

1. Keep your body strong:

Eat proper food.

Exercise in fresh air and sunshine.

Get enough rest and sleep.

Get rid of body wastes promptly.

Avoid:

Poor food.

Improper clothing.

Late hours.

Cold wet feet.

Too much excitement.

Practice cleanliness:

Wash the hands.

Keep them away from face or mouth.

Cover nose or mouth when coughing or sneezing.

Do not spit in public places.

Avoid common drinking cups and towels.

Keep away from contagious diseases.

Vaccination and inoculation help to protect us against disease germs.

2. Help keep the home clean:

Protect food.

Keep kitchen, bathroom, and cellar clean.

Fresh air in all rooms.

3. Help keep the school clean:

Yard.

Lunch room.

Toilets.

Drinking fountains.

4. Help keep your neighborhood clean and safe:

Obey disease signs on houses.

Protect against disease:

Milk.

Water.

Food.

Protect from flies.

Garbage.

Body waste.

Some Problems to Think About:

1. Why is spitting dangerous?

2. Tell some ways in which we can protect against the spreading of disease by flies.

3. Tell how the different rooms in your house can be kept clean. What can you do to help?

Activities for Workers:

1. Your school is like a town or city. Make some rules for keeping it clean.

2. Cut out pictures to show clean and beautiful rooms of different kinds.

KNOWING THAT YOU KNOW

Write the answers on your paper.

1. Disease germs grow best where it is:

Dark.

Warm.

Moist.

2. Disease germs are passed from person to person:

Through the air. By spitting.

By coughing. By leaving.
 By smoking. By _____.

3. We try to avoid disease by:

- a Keeping the body strong.
- b Practicing cleanliness.
- c Vaccination or Inoculation.
- d Keeping the home clean.
 Keeping the s----- clean.
- e Keeping the neighborhood safe and clean.
- f Keeping away from crowds.
- g Obeying the rules of quarantine.
- h Stopping all cuts immediately.
- i Consulting the doctor when in doubt.

4. Homes should be made safe and clean by:

- Proper care of food.
- Careful cleaning of all rooms and cellar.
- Proper ventilation.

5. Children can help prevent the spread of disease by:

- Keeping hands away from the face.
- Proper use of drinking fountains.
- c Keeping toilets clean.
- d Using handkerchiefs when coughing or sneezing.
- See the doctor if you think you have a contagious disease.

6. A safe and clean neighborhood should protect the supply of:

Milk. Other foods. Water.

UNIT 16

A DANGEROUS ENEMY

Alcohol

A Cruel Ruler:

Would you like to hear the story of one of the worst rulers the world has ever had? This ruler has caused the death of millions of people, brought shame or disgrace to millions more. Even little children have been hurt or made unhappy, and homes broken up—all because the ruler controlled not only the actions but the thoughts of people. What do you think should be done with such a ruler? I am sure that you would say that all such power should be taken away immediately and never be permitted to rule even a single person again.

This ruler's name is Alcohol. Alcohol in drinks like wine, beer, and whiskey has brought trouble to human beings for thousands of years. Alcohol has been a ruler over millions of people during that time.

The newspapers tell every day of accidents or other sad happenings caused by some one who had been drinking liquor (drinks containing alcohol). Alcohol affects in different ways the minds and bodies of all who drink it. It has been a very cruel ruler to many people. Its evil power can be broken by not using it. Many people are trying to take this evil power away.

What Is Alcohol?

Alcohol is made by germs that come from yeast. They work in the juices of grapes and other fruits when pressed out and allowed to stand in a warm place. The yeast germs live and grow on the sugar in the juices and in so doing they produce alcohol. This process is called *fermentation*. Alcohol is even made from grain and vegetables by adding water and yeast and sometimes sugar.

Outside the body, alcohol is very useful in many ways. It is a splendid servant. It is useful in medicine, in the industrial world, and in many other places. It is used in making varnish, perfumes, films, and many other articles. In some cases it is used to burn as

a fuel. It is strong and poisonous. *Taken into the body*, it may become a very bad ruler indeed. Some people may drink alcoholic drinks without seeming to be harmed, but they never know what harm it may do to them. We do know that it is hurting thousands of people every day. They would be far better off without alcoholic drinks.

Why Is Alcohol Dangerous?

The use of alcohol may become a habit. Many persons who begin with an occasional drink find themselves becoming steady drinkers. Those who use alcoholic drinks in what they call a moderate amount find after a while that they want larger and still larger amounts in order to satisfy their desire for it. They also drink more frequently. Alcohol is a habit-forming substance. In this way it becomes *the ruler* of mind and body.

Alcohol is especially harmful to the brain. The brain is inside the skull, or head. It is the part of the body that directs our thinking, our muscles, and other parts of the body. One of the first effects of even a small



Danger!

Many employers dislike to have liquor sold near their business. Why?

amount of alcohol is to dull, or weaken, the power of the brain to direct and control the body. This dulling or deadening effect may be compared to taking off the “brakes” which hold a machine under control. When a person’s brain is dulled by alcohol, he is very likely to do and say things that he would not ordinarily do. The powers of self-control and self-restraint (holding oneself in check) have been weakened. When this happens, alcohol has begun to rule!

Alcohol affects mental work. This is

shown by the fact that a person whose brain has been dulled by alcohol cannot think so clearly, add, subtract, multiply, or divide figures so accurately as he could without it. He cannot memorize so quickly, or remember so well after an alcoholic drink has been taken as he could before.

Alcohol dulls our special senses. Our special senses are hearing, tasting, seeing, smelling, and feeling. These special senses depend on the brain and the nerves. When the brain and the nerves are affected by alcohol, one may not hear or see so well. You can see how important this is for anyone driving an automobile. Too much alcohol also will in time cause a person to lose his taste for food with ordinary seasoning. Such people demand much salt, pepper, and spices because their taste has been dulled.

Alcohol weakens control of our muscles. Fine, careful use of muscles is needed in order to be successful in many games and sports and certain kinds of work. We call this *skill*. Small amounts of alcohol will lessen skill in doing things that call for quick



Danger!

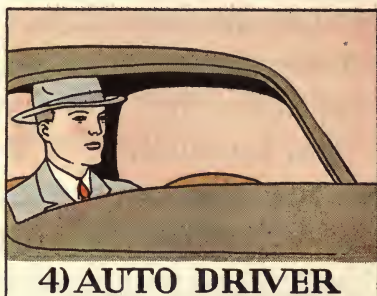
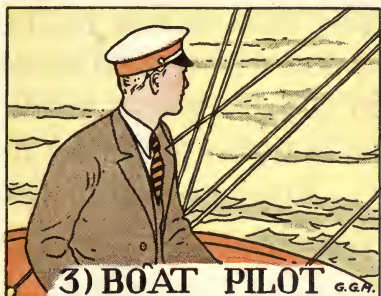
1. Those who do not drink stand less chance of catching many diseases.

2. Those who do not drink have a better chance to recover in many cases of illness.

thinking and fine, careful movements. Alcohol weakens strength and "endurance," which means the ability to keep on until the end of the game or the work in hand. Large amounts of alcohol interfere so much with the control of muscles that the person affected by it may stagger when he walks. He cannot walk in a straight line no matter how hard he tries. Again, alcohol is a bad ruler!

Continued use of alcohol reduces resistance to many diseases. In Unit Fifteen you studied about the prevention of disease. It has been found that steady drinkers of alcoholic drinks are more likely to catch or have certain diseases than those people who do not drink. It is more difficult for those who drink to recover from an illness than for those who do not drink. Life insurance companies have found that the death rate is higher among persons who were steady moderate users of alcohol when insured than among those who did not use it in any form.

Alcohol is a cause of accidents. Alcohol dulls a person's ability to think quickly and control the muscles accurately. It makes a person think he has more strength and skill than he really has. This condition is likely to cause accidents around machinery. No one should attempt to drive an automobile after taking any alcohol into the body. Alcohol makes people careless. Carelessness has caused many fires and other accidents, in homes and elsewhere. Again, alcohol is a bad ruler!

Danger!

Why are alcoholic drinks bad for people who hold responsible positions?

Alcohol is not a real food. Alcohol cannot help in the building of muscles, bones, teeth, or other parts of the body. Children are sometimes given beer or wine to drink. This is harmful because of the alcohol they contain. There is another danger, too. It is very likely that such drinks may take the place of some of the milk which is needed by children

to build good muscles, bones and teeth.

The use of alcohol is an enemy to health, happiness, and success. Business men usually prefer persons who are not drinkers for positions of trust and responsibility.

In order to make a success of your life, you should make up your mind that you will have nothing to do with alcohol and alcoholic drinks at any time. The first drink is the most dangerous. The person who never takes the first drink will avoid the danger of being ruled by alcohol. There is nothing funny or clever about drinking. Anyone under the influence of alcohol is a sad sight. He is in the grip of a bad ruler.

AVOID ALCOHOLIC DRINKS

Try to Remember:

1. Alcohol is harmful because:

It is habit-forming.

It has a bad effect on:

Brain.

Nerves.

Muscles.

Other important organs.

It interferes with work.

It makes people careless.

It causes accidents.

It has ruined many households.

It has spoiled many bright prospects.

2. Alcohol is not a real food.

3. Alcohol interferes with:

Health.

Happiness.

Success.

4. Alcoholic drinks waste time and money.

5. **Let alcohol be the useful servant outside the body. Do not let it enter, and become the ruler.**

6. **AVOID ALCOHOLIC DRINKS IN ANY FORM.**

Some Problems to Think About:

1. Why can alcohol be called a "cruel ruler"?

2. What did the Indians call the white man's whiskey?

3. How do alcoholic drinks make people act if they drink a good deal?

4. Name some of the careless things that alcoholic drinks may cause people to do.

5. Why is milk a better drink than wine or beer?

Activities for Workers:

1. Paste in your notebook some clippings from the newspapers of accidents caused by alcohol.

2. Make a list of some of the uses of alcohol

outside the body. Ask some of your grown-up relatives to help you. Write three of these in your notebook.

3. Make a list of accidents caused by people who had been drinking. Give the date and the kind of accident.

4. If you were taking a ride on a bus, would you want a driver who had been drinking? Why not? Make a list of other people whose positions are too important to permit their drinking alcohol?

KNOWING THAT YOU KNOW

1. Alcohol is created by germs.
2. Alcohol is useful outside the body.
3. Alcohol is harmful inside the body.
4. Alcohol has a bad effect on the brain and the nerves.
5. Alcohol weakens our heart.
6. Continued drinking of alcohol makes us more liable to have or catch certain diseases.
7. It also makes it more difficult to get well when one is taken ill.
8. Alcoholic drinks are dangerous because the drinking of them may become a habit.
9. Alcohol makes people careless and thus causes accidents.
10. Money spent on alcoholic drinks could be better spent on _____, _____, or _____.

UNIT 17

OTHER ENEMIES

The Tobacco Habit and Dangerous Drugs The Peace Pipe:

When white men first came to America, they found the Indians living here. The Indians had many customs that were strange to the white men. When they wished to show friendship to each other, or to white men, they smoked a "peace pipe" with them.

The American Indians were the first to smoke tobacco. Tobacco comes from the leaves of the tobacco plant. It contains a very poisonous substance called nicotine. It is habit-forming. That is, it has the power to make people want to smoke it more and more. Some people get so used to it that they want to smoke all the time and feel that they cannot do without it. The Indians did not smoke tobacco all the time. They used it only on important occasions. The Indians lived in the open air and had plenty of exer-



The Peace Pipe

cise so it may not have been for them a habit that did much harm.

The white man carried the habit back to Europe and to other parts of the world. They smoked more than the Indians ever did. Thus the habit was fastened on a large part of the world before anyone knew that it was harmful. Now doctors and men of science are able to tell us that in a great many cases it is harmful for adults, and that in all cases it is harmful for children.

Especially Harmful for Children:

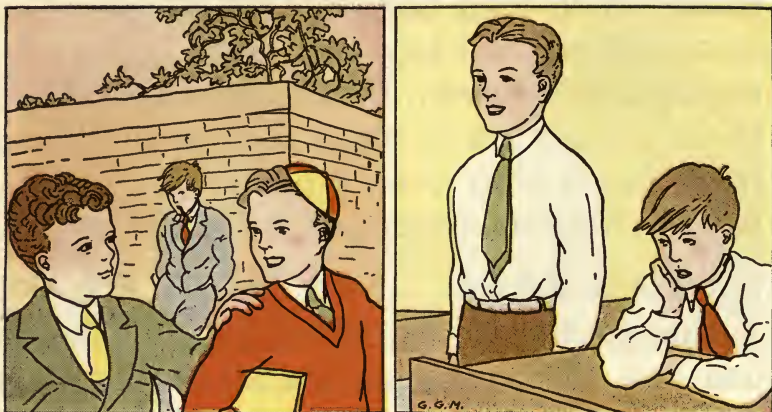
About the only reason that children ever smoke tobacco is to imitate others. They do

not realize that growing makes heavy demands upon their bodies. Grown-up people who smoke do not have this drain upon their strength and energy. Usually they have work to do or they try to excel in sports. It has been found that even with grown-ups tobacco lowers the chance of success in sports.

Success in School:

The use of tobacco makes children nervous and disagreeable. Parents who have noticed a change in their children have sometimes found that it was due to smoking. Teachers and principals of schools know this quite well. They know too that the use of tobacco interferes with good attention and with learning. When a boy is nervous from smoking or from thinking that he wants to smoke, he cannot pay good attention and he cannot study well.

When a boy is nervous from smoking and disagreeable in school, he soon gets into trouble. Then things become worse. Father and mother are called in. Unless he cures himself of the smoking habit, he is due for years of trouble, worry, and unhappiness.

Success in School

Cigarettes interfere with success in school. They make students nervous and inattentive. This causes trouble and low marks in many cases.

It has been found that the highest marks in school are generally made by the students who do not smoke. This shows that either bright students do not smoke, or else tobacco seems to make some students slow and dull in their lessons. Both may be true.

Health:

Tobacco does no one any good. It does some people a great deal of harm. It may do little harm to some grown-ups, but it may have very bad effects on others who become

mastered by the habit. It will hurt them in many ways, affecting the heart, lungs, nerves, digestion, eyes, and throat. The tobacco habit "grows" on most people, that is, it gets worse; they smoke more and more, until they are smoking all the time. It is particularly harmful to children. *Bad habits are hard to stop*—do not start them.

Character:

Young people who smoke often deceive their parents. When you deceive others in this way, you lose respect for the most valued thing in the world, your own good character.

Work:

Smoking may interfere with a person's best work. Some employers prefer to hire young persons who neither smoke nor drink. Do not start a habit that may cost you a good job.

Safety:

Smokers, without meaning to do so, often start fires in which lives are lost (sometimes their own), and in which much valuable

property is destroyed. A cigarette worth less than a cent, if thrown among dry leaves while still burning, may cause a forest fire that will destroy millions of dollars worth of trees.

Courtesy:

Smokers usually have a tobacco smell about them which is disgusting to some people. Tobacco smoke as well as other kinds of smoke is disagreeable to people who like pure air to breath. Smokers are likely to be careless of the comfort of those who have to breathe their smoke. Smoking around the house makes much extra work for others in the matter of cleaning up.

DANGEROUS DRUGS

There are other habit-forming things beside tobacco. Some medicines contain drugs that ease pain but do not cure it. Some of these medicines are habit-forming. People take more and more of them, and just waste their money.

You should only take medicines that your doctor recommends. He will tell you what to take, how much to take, and when to take

Very Wise!

The children refuse to take the candy offered by some one they do not know.

it. It is very dangerous for anyone who has no special training to try to decide what ails him and what he should take. Such mistakes often cause serious illness or death.

If a stranger should offer you something to eat, it is better to be polite, thank him, and refuse to take it. You should eat and drink only those things that you know are safe. You cannot be sure that things offered by strangers are harmless. If you do take them, to avoid rudeness, throw them away as soon as you can without tasting them.

AVOID TOBACCO AND DANGEROUS DRUGS

Try to Remember:

1. Tobacco is bad for growing children.
2. Tobacco interferes with health, happiness, and success:

Harmful to growth of children.

Lessens ability to do good work.

May become a bad habit.

Causes fires.

Unpleasant to others.

Wastes money.

3. Take medicines prescribed only by your doctor.
4. Do not accept things offered by strangers.

Some Problems to Think About:

1. Why is tobacco very harmful to children?
2. How can tobacco have a bad effect on the character of children who smoke?
3. How is money sometimes wasted on medicine?

Activities for Workers:

1. Make a list of good things that could be done with the money that is wasted on alcohol and tobacco.

2. If a man smokes two five-cent cigars each day, how much would he spend on cigars in a year? Name some things that this amount of money could buy.

3. How much money would be spent in a year, if a fifteen-cent package of cigarettes were smoked each day? Name something more useful that could be done with that much money.

KNOWING THAT YOU KNOW

Complete the sentences in Column I by choosing the correct ending from Column II. Write the entire sentences on a separate sheet of paper or in your notebook.

Column I

1. Some employers do not like to hire people who smoke because

2. The white men did not know at first that

3. Tobacco is harmful to

4. Tobacco may be harmful to

5. Tobacco may have a bad effect on the character of children because

6. Smoking is a waste of money because

Column II

(1) the tobacco habit was harmful.

(2) the heart, the lungs, the nerves, the digestion, the eyes, and the throat.

(3) it wastes time and might cause a fire.

(4) it causes them to deceive their parents.

(5) the money could be spent on more useful things.

(6) many adults, especially if they smoke too much.

UNIT 18

CARE OF YOUR EYES

Nature's Greatest Gift

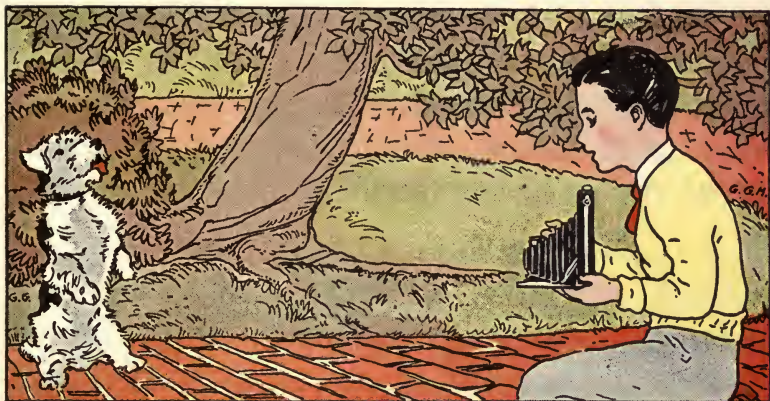
Windows of the Soul:

"Uncle John, please tell me what people mean by 'an evil eye'?" asked Robert.

"People used to believe many silly things about good luck and bad luck, good signs and bad signs," said Uncle John. "Such things are called superstitions. There are certain things that are supposed to bring good luck or bad luck. One of these superstitions is about the evil eye. According to this old belief, there were certain people who have an evil look in their eye. It was supposed that they brought bad luck or misfortune to other people. But this is all foolish. The look in an eye cannot make anyone evil or bring bad luck to anybody."

"But can you tell anything about people by their eyes?" asked Robert.

"Yes, I think so," said Uncle John. "The



Your eyes are somewhat like an expensive camera, but they are much more valuable. Take care of them.

eye does tell us many things about their owners. They have been called the windows of the soul. By looking into the eyes of another person, together with the expression on the face, we can often tell whether the person is friendly or unfriendly. The eyes tell many things about our character."

"I saw a blind man yesterday," said Robert. "It must be terrible not to be able to see at all."

"Yes, indeed," replied Uncle John. "It means no games such as we play. All the beautiful colors and objects that we see can-

not be seen by the blind. Even friends can only be heard or touched. Your eyes are among the most valuable things that you can ever have. They are worth more to you than great riches or the finest jewels."

How to Take Care of Them

Eyes are like windows. Light passes through them and makes it possible for us to see what is going on round about us. The eyes must have light or we cannot see. As we use our eyes from the time we awake until we go to sleep again, the kind of light we give the eyes is most important for their proper care.

Good Light:

A good light is one that is not too strong. A light that is too strong causes a "glare." Along the beach at the seashore on a bright, clear day the sunshine often causes a glare that is harmful to the eyes. A bright electric light that shines directly into the eyes is too strong for the eyes. Strong light from the paper of a book or a polished table should not be allowed to shine directly into the eyes at any time.

A good light is also one that is *not too weak*. Reading or working in a dim or poor light is a cause of eyestrain. It will cause headaches and injure the eyes.

Correct Posture:

A book you are reading, a letter or paper you are writing, or an article you are sewing should not be held too close to the eyes. Form the habit of holding these things about fourteen or fifteen inches from the eyes. In order to do this in school, you will have to sit at a desk that fits you. You should not lean forward too far when you read or write, because your work will then be too close to you. If you cannot see your book or paper clearly when it is held from fourteen to fifteen inches from your eyes, you should visit an oculist and have your eyes examined. It may be that your sight is defective in some way and needs to be corrected by glasses.

You will help your eyes by holding a book, paper, or any close work in such a way that light shines on it from above the level of the eyes and from the left. School desks should be placed so that the light shines from the



*A good light.
Light coming over left shoulder.
Good posture.
Can you suggest any other rules?*

left. This prevents the shadow of the right hand from falling on the paper as you write. If you are left handed, you will not always be able to follow these suggestions. Be careful to arrange the lights at home so that the proper light will fall upon your work.

At the Movies:

Do not sit too close to the screen when looking at moving pictures. When you sit too close, the eyes will be strained by their

efforts to see clearly. The pictures will also look more natural from a position farther back. It is better to sit all the way back than too far front.

Rest Your Eyes:

When you use your eyes for "close" work for some time, they will feel tired. You can rest them by looking away from your work from time to time. Look at some distant object for a short time, across the room or out of the window. Bathing the eyes in warm water and then cold water will also help to rest the eyes when they are tired.

Washing Your Eyes:

Wash the corners of the eyes each morning with warm, clear water. Do not rub the eyes to clean them. Do not use eye washes unless they are prescribed by a doctor.

Preventing Sore Eyes:

Once in a while, the eyes get red and sore. This may be caused by something which is spread from one person to another. In order to prevent sore eyes, use only your own towel or a clean handkerchief. The eyes

should not be rubbed with the fingers. The fingers come in touch with many things during the day that may have dirt and disease germs on them. Keep the fingers away from the eyes. Persons with sore eyes should be careful to use separate handkerchiefs and towels for them. Do not let such handkerchiefs and towels be used by anyone else. Boil them to keep from spreading the germs to others. Remember that your eyesight is precious. Go to a physician promptly whenever your eyes become sore.

Safety in Play:

Sharp-pointed objects should not be permitted too close to your eyes when at play or at work. Carelessness with scissors or with sharp-pointed toys have caused many cases of blindness. Throwing is very dangerous. Even a crust of bread thrown has been known to cause the loss of an eye.

Something in Your Eye:

When you get a bit of dust or cinder in your eye, you may sometimes be able to get it out yourself. The eye should not be rubbed.

If the speck is loose, it can sometimes be washed away by the tears. Pull the upper lid down over the lower lid and hold it there for a few seconds. If the speck is not washed away in the tears that flow freely when you do this, go to a doctor, a druggist, your parents, the school nurse, your teacher, or anyone who knows how to remove the particle safely. Only articles that are *clean* should be used to remove things from the eyes. Washing the eye with a solution of boric acid will help to relieve the sore and reddened condition of the eye after the dust or dirt has been removed.

Wear Glasses if Needed:

If your eyes tire easily, if you have frequent headaches, or you cannot see things clearly at the proper distance from the eyes, you may need glasses to correct the trouble. Go to an oculist and have your eyes examined. If you need glasses, get them promptly and *wear them* as you are directed.

LEARN BY DOING

Remember—Try to Practice:

1. Provide a good light.

2. Protect eyes from glare or strain.
3. Light should come from left side or rear.
4. Practice proper posture when reading or sewing.
5. Rest the eyes frequently.
6. Wear glasses if you need them.
7. Avoid use of common towel or wash cloth.
8. First aid for the eye:
 - Keep unclean things away.
 - Use only clean handkerchief.
 - Do not rub.
 - Consult some one you can trust.

Some Problems to Think About:

1. Why do people wear colored glasses to protect the eyes?
2. Tell of some cases when you have noticed a bad glare.
3. What happens when those who should wear glasses neglect to do so?

Activities for Workers:

1. Find a sun visor on an automobile. Tell what it is used for.
2. When you walk in the strong sunlight on snow, ice, cement, or asphalt, what do you notice? Try on some smoked or colored glasses. What difference do you notice?

3. Have you had your eyes tested? What did the doctor do?

4. Make a list of the things used about the house to protect the eyes from glare, either from the outside or inside.

5. Cut out a picture from a magazine or book showing proper posture and light. Paste it in your notebook.

KNOWING THAT YOU KNOW

Match the first half of the sentence with the correct half of the sentence in the second column. Write the complete sentences on your paper.

Column I

1. A good light should
2. When reading a book or paper it should
3. When reading or working, the light should
4. In the "movies" one should
5. In order to rest the eyes from close work, one should

Column II

- (1) be held about fifteen inches from the eyes.
- (2) sit in the center and not too far forward.
- (3) not be too strong or too dim.
- (4) close them for a few minutes or look at a distant object.
- (5) come from the left and above the level of the eyes.

UNIT 19

CARE OF YOUR EARS

Another Great Gift

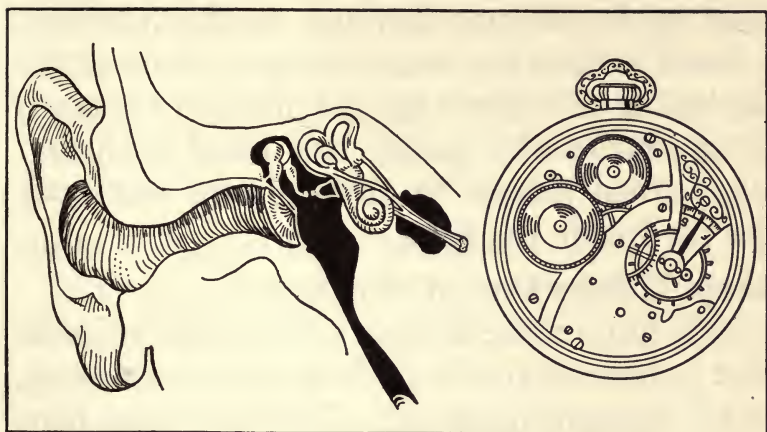
Grandfather's Watch:

Grandfather had a very beautiful watch. The outside was of shining gold. Sometimes Grandfather opened the back of the watch and let Betty and Bobby look at the tiny wheels and springs that made the watch go.

He would not let them get too close nor look too long. "It is very delicate," he would say. "A little dust might get into the works. Then the watch would not keep good time and it would have to be fixed."

"You see," said grandfather, "the works that make the watch run are so fine and so delicate that they are kept in a big hard case to protect them from injury. It is something like the inside part of your ear.

"The part of your ear that does the hearing is inside the head. It is very delicate, like the works of a watch, but it is much more valu-



The outer ear is the part that you can see.

The most important part of the ear is buried in the bone inside the head.

Why is the important part of the ear like the works of a fine watch?

able. Good hearing helps to protect you from injury by hearing warning sounds. By it we can enjoy beautiful music and understand what is said to us. These things would not be possible without the delicate parts of the ear that are inside the head."

How to Protect Your Ears

The Ear Is Delicate:

Pulling the ears, or striking ("boxing") the ears, is a dangerous thing to do. It

may cause serious damage to the hearing.

Loud noises too near the ear, such as an explosion of fireworks, the firing of a gun, or explosion of a paper bag filled with air, may cause injury to the delicate parts of the ear inside the head.

Keep Things Out of the Ear:

You have noticed that a brownish-colored wax is formed in the little canal, or opening, which leads into the ear. This wax has a useful purpose in keeping out dust and insects which might crawl into the ear. In cleaning the ear, use a washcloth over the end of a finger. Never use a hard or pointed object to remove the wax. Be careful to keep dirt or sand out of the ears.

Be Careful When You Have a Cold:

There is a small tube which leads from the throat into the ear. When you have a cold, the nose "runs" and "waste" matter forms in the nose and throat. If some of this matter gets up the canal that leads into the ear, it is likely to cause an "infection" there. This causes earache, and may also result in more painful ear trouble. Never

neglect a cold. Serious trouble may result from it. *Blow the nose gently.* By blowing the nose gently, you will avoid the danger of forcing matter from the nose and throat up the canal that leads into the ear.

Go to a Doctor for "Earache":

If you have a pain in your ear or just behind it, or a "discharging" ear, you should go at once to a doctor. Do not attempt to cure ear troubles without the advice of a doctor. Improper treatment of the ears may result in deafness.

Hearing May Be Improved:

You should be able to hear a low voice or whisper about two feet away in a quiet room. Sit sideways, testing first one ear, then turn and test the other ear. If you think your hearing is poor, have it tested by a doctor. Sometimes hearing can be very much improved.

LEARN BY DOING

Remember—Try to Practice:

1. Keep things out of the ear.
2. Protect the ears from blows.
3. Avoid loud noises.

4. Get rid of colds quickly.
5. Blow the nose gently.
6. Consult a doctor for earache.

Some Problems to Think About:

1. Why is a cold dangerous to the ear?
2. Which is the most important part of the ear, the outer part that you see, or the inner part that you cannot see?

Activities for Workers:

1. Draw a picture that will show a good rule for the care of the ear.
2. Find out what "mastoiditis" is. What is it like? What causes it? Is it dangerous?

KNOWING THAT YOU KNOW

Match the first part of each sentence in Column I with the correct half of the sentence in Column II. Write the complete sentences on your paper.

Column I

1. The delicate parts of the ear are buried in the bones of the head

2. The wax in the ear is useful because

3. In cleaning the ear, one should use

4. Every cold is dangerous and should be cured quickly because

Column II

(1) it helps to keep out dust and insects.

(2) it may lead to very serious ear trouble if not cured.

(3) a wash cloth over the end of a finger.

(4) to protect the delicate part of the ear from injury.

UNIT 20

YOUR HAPPINESS For Smiles and Sunshine

Little Miss Sunshine:

Jane was a very happy little girl. Wherever she went and whatever she did, she was pleasant and smiling. Nothing seemed to worry her very much. Her playmates were always glad to see her. Grown-up folks liked her too. They often spoke of Jane as Little Miss Sunshine.

There were never many quarrels when Jane played in a game. If any difficulty came up, she could suggest an idea that would satisfy everybody. Then the game would go on with everyone happy again.

Edith and her mother were talking about this one day. "Jane is a lucky girl," said Edith. "Everything seems to go just right with her. Nothing ever seems to go wrong."

"Perhaps it isn't just luck," suggested mother. "I have noticed that Jane is unself-



Little Miss Sunshine?

ish. She is always willing to do things that please others. That makes her feel happy. Jane tries to do the right thing. Therefore, she does not have to worry about anything. Her parents are proud of her. That makes her happy, too.”

“Why does everyone call her Little Miss Sunshine?” asked Edith.

“Sunshine makes everyone happy. It is bright and cheerful. Everyone likes to see it,” said Edith’s mother. “Jane is like the sunshine. She is bright and cheerful. We call her Little Miss Sunshine because she reminds us of the sunshine.”

Then Edith wanted to know more about

these good habits that made Jane so happy. Perhaps you would like to know more about them, too. We call them habits of the mind, or *mental habits*.

How to Be Happy

Good Mental Habits:

In forming health habits, we must not forget that the "mind" needs care as well as the "body." We use the mind whenever we "think" about things. The mind decides whether we pick up a book or let it alone. The mind decides whether you patiently wait your turn on the playground, or selfishly crowd ahead of others. It is the mind which helps us remember things. *Mental habits* also include our "feelings," such as cheerfulness, courage, anger, and fear.

Good mental habits are formed in the same ways as other habits:

1. Get a clear idea of the habit.
2. Practice the good habit regularly.
3. Do not allow exceptions.

How you act among the members of your family or among your friends is sometimes

called your "social" behavior. It is the way your mind directs you to act "in society," or in the presence of other people. It includes your "manners" of speaking and acting.

A Healthy Body and a Healthy Mind:

It is important to have a healthy body in order to have a healthy mind. It is easier to be cheerful and happy when you have no aches or pains and wake up refreshed after a good night's sleep. The practice of good health habits is one of the important foundation stones for a healthy mind. A healthy body and a healthy mind depend upon each other. It would be very difficult indeed to have a happy healthy mind with an unhealthy body. Some people have done it, but very few.

Importance of a Happy Disposition:

Most mental habits have to do with cheerfulness or happiness.

It will help you to remember that worry, fear, anger, or too much excitement of any kind are bad for the health, bad not only in their effect on the mind, but bad in their

effect on the body. The heart and the organs of digestion are the most easily affected by fear, worry, anger, or excitement. To be really healthy, we must cast out worry and fear, and put something good in our minds in their place.

How to Destroy Fear:

Fear is a feeling which most of us have felt at some time. Some fear may be useful. It may help us to avoid real dangers. Fear of being burned should keep us from playing with fire. But too much fear or too many fears are unhealthful. They interfere with digestion and sleep. Persons sometimes become greatly disturbed over useless fears. If you fear things, you can often overcome them by talking the matter over with your parents, and then trying to find something interesting to do that will help you to forget your fears.

When Tired or Worried—Rest:

If after playing or working for some time you seem to lose patience easily, it is a good thing to try something else for a short

time or to take a rest. This will enable you to go back with better spirits and more energy. It is a good thing to lie down and take a nap when you feel either tired or worried. After a hard day or lack of the usual amount of sleep the night before, go to bed early and get a good night's sleep.

Be Cheerful and Friendly:

Happiness and friendliness make games more fun and work seem easier. The days slip by almost unnoticed. A cheery "good morning" will start the day right, and a cheery "good night" will be a helpful start toward a good night's sleep. It is not pleasant for you or your parents if you get up "grouchy," or have to be "coaxed" off to bed at night.

Do tasks cheerfully and remember you have a useful place to fill in the world. There are many helpful things you can do in the home, school, and neighborhood. They will be better done if you do them cheerfully. Be *friendly*. Cheerfulness will help you make friends. It will also help you to keep friendships after they are made.

Control Your Temper:

It is rather easy to be cheerful and happy when everything goes right. How do you act when things go wrong, or whenever you cannot have your own way? Notice how other people act at such times. Some become angry or "show their temper." Others meet the disappointment with *self-control*. Whenever you are angry, take time to think about the matter and you will usually be able to fix things up without losing your temper.

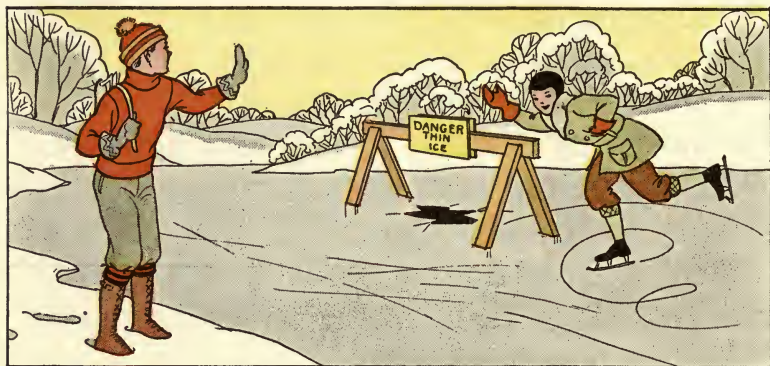
At home, do not feel angry because you cannot always have your own way. When a difficulty arises during school hours, use self-control. Talk things over with the teacher at recess or after school.

Learn to see the funny side of many things that go wrong. A good laugh is more useful to relieve your feelings than a fit of temper. It is easier on other people, too.

Be Courageous:

There are many ways to show courage. It takes courage to say *No* when you are asked to do something you know is wrong. It takes courage to keep from playing unfairly in

a game when you could win easily by cheating. It sometimes takes great courage to tell the truth. It is not a brave or courageous thing to take foolish chances. In such cases your actions become foolish rather than brave. Do not take dares that may lead to injuries or accidents in order to be "brave."



Courage—which boy shows real courage?

Always Tell the Truth:

When you do *not* tell the truth, you give yourself a cause for worry. You worry about being found out and what may happen to you when that occurs. It is much better to be truthful and say that you have done something wrong, than to tell an untruth. Do not be afraid to say that you did some-

thing wrong. If you deserve punishment, be willing to take it. Most boys and girls who tell the truth are not punished as much as those who do not tell the truth. Remember, always tell the truth. To tell an untruth means that you will be unhappy and lose respect for yourself and the respect of others.

Curiosity:

Curiosity has a useful place in the world. We learn many, many things because we are curious about them. A bright curious boy or girl can find lots of questions to ask about things. Curiosity is helpful in making you interested in useful things, in school and out.

Try not to let your curiosity get you into trouble. Do not take foolish chances in order to find out dangerous things. Do not let your curiosity lead you to destroy or damage valuable machinery in order to find out what makes it go.

Make Plans:

Do everything as well as you can. Mistakes and errors often cause much unhappiness and worry. Making a plan ahead of

time sometimes helps one to avoid mistakes. Be sure that your plan is a sensible one that you will be able to accomplish. You can plan a small piece of work, for a whole vacation, or even for years ahead.

Keep on Trying:

“If at first you don’t succeed, try, try again” is an old saying that works very well when you use it. Sticking to a thing until you succeed, or have tried your best, is a useful habit in school and out. Do not give up trying to do an example in arithmetic too easily. Try to work it out yourself rather than let some one else do it for you. On the playground, do not become discouraged when you fail, or lose. Remember that practice makes perfect. Don’t give up too easily. Most people who have done great things, spent many years of hard training and practice before they became great.

Have Respect for Experience:

Respect for others is one of the first things to be learned in the home. We all need the help of people with greater knowledge and



Respect for Age

Listening to the advice of older people often helps us to avoid pain and trouble.

experience than ourselves. Our parents and our teachers can be of great help to us. If you accept their advice cheerfully, it will be for your own good. It will save you many unpleasant experiences. The boy or girl who has respect for the opinions of older people shows intelligence.

Be Helpful:

One of the finest forms of happiness comes from serving others. There are many ways of being helpful about the house. Running errands, helping with the dishes and the beds, cleaning the yard and cellar, cutting

the grass, helping neighbors, are all ways of performing useful service. They will give you the joy that comes from helping others.

Orderliness is a helpful habit. In the home, pick up and put away your playthings and clothes in their proper places. This will be useful in many ways. It makes playthings and clothes last longer and look better. It helps prevent accidents to persons who may trip over things that are carelessly left in unexpected places. Putting things in their proper places makes the home look neater and helps your parents to find more time for play and rest.

In school, keep papers and books in their proper places. This is a part of good school "housekeeping." Do not place things in aisles or places where you or some one else may fall over them. Accidents are sometimes caused by such carelessness.

Share with Others:

Sharing things with others is another way to happiness. You may know a person who is selfish. He wants everything he sees and will not share things with others. Such a

person may have a number of things to make him happy, but there is one important thing he does not have, the happy feeling that comes from sharing things. Selfish people are generally unhappy. Watch them and see. Unselfishness is a good mental habit to form. Try it. It leads to real happiness.

Play Fairly:

Take an interest in different kinds of games, and play them according to the rules. To be called a good loser is one of the finest compliments that can be paid to a person. You can be a good loser on the playground or in the classroom. When you work or play, do your best at all times. Be a good loser when you are defeated and try harder the next time. Always play fairly.

Respect the Rights of Others:

If you lived alone on a far away island, you would not have to give thought to other people round about you. We do not live alone, however, and therefore must learn to take others into account in the things we do. We also expect others to take our wishes into



Respect for the Rights of Others.

account. When people think of things like these and consider the rights of others, a home or a neighborhood becomes a very pleasant place in which to live.

Persons who respect the rights of others will not injure or destroy another's property. They will not play loud radios late at night and disturb others who are trying to sleep. They will not break the rules of a quarantine and spread a contagious disease to other people. Living cheerfully and pleasantly with other people will help to develop good mental health.

Courtesy and Good Manners:

There used to be a time when it was said that "Children should be seen and not heard." Possibly you know some one to whom that might well apply because of bad manners. Most persons, however, are always ready to hear children who have something to say and choose the proper time to say it.

You can show good manners in the way you speak and the way you act. "*Good morning,*" "*Good-bye,*" "*Please,*" and "*Thank you,*" are simple, but useful ways of showing respect for others and getting others to respect you. You show good self-control and good manners when you keep from interrupting a conversation, or keep from answering questions that are addressed to some one else. There are many ways of showing this form of self-control in the schoolroom as well as at home and elsewhere. Courtesy and good manners will help to make your way in life smoother and happier. Courtesy creates courtesy in others. People will return to you what you give them.

Some persons are more polite and well-mannered away from home than they are at home. There are none more deserving of courteous and respectful treatment than your father, mother, and other members of your family. Learn to close doors quietly and to avoid rough or noisy play about the house. This will help the mental health of the other members of the family.

LEARN BY DOING

Remember—Try to Practice:

A healthy body and a healthy mind—both are needed.

A. For good personal development:

1. Destroy fear and worry.
2. Practice cheerfulness.
3. Control your temper.
4. Be courageous.
5. Tell the truth.
6. Practice sensible curiosity.
7. Make plans.
8. Keep on trying.

B. For good social development:

1. Respect age and experience.
2. Share with others.
3. Play fairly.

4. Be a good loser.
5. Respect the rights of others.
6. Practice courtesy and good manners.

Some Problems to Think About:

Tell what each of these sayings means:

1. "Truth hath a quiet breast."
2. "Every cloud has a silver lining."
3. "He that can have patience, can have what he will."
4. "Health is the greatest of all possessions, and a healthy shoemaker is better than a sick king."
5. "One good turn deserves another."
6. "Rest is a fine medicine."

Activities for Workers:

1. Tell a story about how it pays to be polite.
2. Make a poster of cut-out pictures to show some of the good habits on pages 268-269.
3. Can you think of some great men or women who became successful? Did they have many years of training or experience before they became famous?
4. Tell a story about some one who helped others.

KNOWING THAT YOU KNOW

Copy these sentences on a separate sheet of paper. Put the proper answers in the spaces.

1. We need both a healthy _____ and a healthy _____.
2. A mental habit that concerns mostly our own disposition can be called _____.
3. A mental habit that controls how we act and feel toward other people is called _____.
4. Fear, worry, or anger have a bad effect on the _____ of the body.
5. Two good ways of getting rid of worry or fear are:
 - (a) _____ (use a number of words).
 - (b) _____ (use a number of words).
6. One good way to control one's temper is to _____ (use a number of words).
7. To tell the truth at all times requires c____.
8. To disregard a dare is sometimes a good way to show _____.
9. Making plans helps to prevent _____.
10. Practice makes _____.
11. Selfish people are generally _____.
12. When playing games, everybody admires a good _____.
13. Courtesy creates _____ in others.
14. A well-mannered person remembers to say
 - (a) _____, (c) _____
 - (b) _____, (d) _____
15. Good mental habits are necessary for H_____
H_____, and S_____.

UNIT 21

YOUR SAFETY AT SCHOOL

Always **B**e **C**areful

Famous Words:

More than a hundred years ago, there was a war between England and France. Two great fleets of boats, one from each country, were about to attack each other. Just before the battle Admiral Nelson who was in charge of the English fleet sent this message to all his men: "England expects every man to do his duty."

These words have been famous ever since. We all like to think that in time of danger everyone will do his duty. Our soldiers, sailors, policemen, firemen, doctors, and nurses are all expected to do their duty at all times, but especially in times of danger.

Teachers and pupils are also expected to do their duty well at all times. This would be very important in case of fire. Then we



Duty!

would expect teachers and pupils to stand, march, and obey like soldiers and sailors.

How to Practice Safety at School

Perfect Order in a Fire Drill:

In a fire drill there should be absolute

silence and perfect obedience. The fire drill is an important part of the safety work of the school. Lives have been lost through excitement and pushing, when there was little or no danger from the flames. It should be *quick, quiet, and orderly*. By practicing fire drills over and over when there is no danger, you will be safer if real danger comes.

Coöperate with Your Safety Patrol:

Many schools have committees or "patrols" of older boys who look after the safety of smaller children in crossing the streets or roads near the school building. The members of the safety patrol should set a good example by their own good conduct. They should indicate to pupils the safest places and times to cross the streets. The pupils can help the patrol and also help themselves by crossing only at crossings and obeying cheerfully the signals of the guards.

Care in a Crowd:

A pencil or taffy-stick in your mouth is dangerous. You may bump into some one, or some one may bump into you, and the stick



The fire drill is a safety habit. Why? A good fire drill should have perfect silence and order.

or pencil will injure you or the other pupil.

Where there are many boys and girls together, there is always the danger that something thrown will hit a person. The corner of a book, a sharp toy, a stick, or the sharp edge of a crust of bread might possibly cause the loss of an eye. A hard ball should not be thrown in the schoolyard, and even a soft ball should be thrown with care.

Place Fruit Skins in the Garbage Can:

If you have fruit for your school lunch, be sure that you put the skins into the garbage can. Do not throw them on the ground

or on the pavement, as some one may slip and fall and perhaps break an arm.

Play Carefully:

When the school yard is crowded, it is dangerous for you and for others to run about carelessly. You may knock down smaller children, and hurt them badly. Pushing or tripping other children even in play may result in a bad fall. Boys and girls should think of the safety of smaller children, and should help them, rather than hurt them. Never use a "bat" in a crowded school yard. It is likely to slip and hit some one.

LEARN BY DOING

Remember—Try to Practice:

1. Obey the rules of a fire drill.
2. Coöperate with your safety patrol.
3. Keep things out of your mouth.
4. Do not throw things in a crowd.
5. Put fruit skins in garbage cans.
6. Play carefully.

Some Problems to Think About:

1. Is your school yard or playground safe for everyone, including the smallest boys and girls?
2. Do you have a safety patrol in your school? If not, could you use one?

3. Why is a fire drill important?

Activities for Workers:

1. Organize a safety patrol if you do not have one.
2. Make a list of duties for them to perform.

KNOWING THAT YOU KNOW

Finish each sentence in Column I by selecting the correct ending from Column II. Copy the entire sentences on a separate sheet of paper.

Column I

1. Throwing anything where there is a number of people is dangerous because

2. Place fruit skins in a garbage can so that

3. Playing with a bat and ball in a crowded yard or play ground is dangerous because

4. Coöperate with your safety patrol because

5. Perfect order and silence in fire drills are necessary because

Column II

(1) there is danger that either one may hit some one.

(2) they help to prevent pushing and shoving in a real fire.

(3) it may strike some one in the eye.

(4) no one can slip on them and fall.

(5) they are trying to protect you and others from accidents.

UNIT 22

YOUR SAFETY AT HOME

Be Safe Today—Enjoy Tomorrow

The Lost Child:

The little boy was lost, and scared. "I wish I were home," he cried. "I want my mother and my father."

For safety, he wanted his home, his father, and his mother. Are not all of us just like that? We think of home as the safest place in the whole world. There our relatives will protect us.

Yes, home is a safe place. It is much safer than many strange places. Away from home, we may have accidents because we do not understand what to do and when to do it. At home we are sure of ourselves, and know just what to do and when to do it.

It is surprising, however, how many accidents happen in homes. People fall down steps, out of windows, off ladders, and even in the bathtub. There are so many different things in the house, and so many things to

be done that many accidents do happen. It is a good thing for us to learn how these accidents can be prevented.

Making Your Home a Safe Place

Be Orderly and Neat:

A good way to prevent falls is to have a safe place for everything and keep everything in its place. It is so easy to trip over things that are in places where you do not expect them. Be especially careful to keep things out of halls and off the stairs where persons might fall over them. Keep rugs flat upon the floor. Fasten them down if they keep curling up at the edges.

Foods or water spilled upon the floor should be mopped up immediately. A person who steps upon them may have a serious fall from such carelessness. Many people slip or fall when stepping in or out of a bathtub.

Keep Away from Open Windows:

It is easy to lean too far out a window and lose your balance. Persons who lean out of windows sometimes get dizzy from look-



"There is no place like home."

ing down, and lose their balance and fall. It is a good rule not to lean out of a window, or to play too near an open window.

Use Ladders Properly:

It is possible to have bad falls from the wrong use of a stepladder, or other kinds of ladders. Be sure the four legs of a stepladder are firmly placed on the ground, and the braces properly set before you use it. It is dangerous to reach too far, or lean too far to the side, of any kind of ladder. It is easy to lose your balance and fall.

Fire Prevention:

Fire is a very valuable thing when it is correctly used. It is a very harmful and dangerous thing when it gets out of control. Everyone should know some of the frequent causes of fires and the best ways to prevent them.

Matches, or fire, should be used only when necessary, never for play. Be sure that matches are entirely "out" before throwing them away. Throw them where there is no paper or rubbish. Matches should never be left around where rats and mice can chew them and cause them to light. Keep matches in tin boxes. The best matches to use are the "safety" kind that will not light unless they are rubbed on the box.

Kerosene (coal oil) or gasoline may explode if handled near a flame. Gasoline is especially dangerous because the "fumes" that come from it may explode without the flame actually touching the liquid.

When you go on picnics or "camp out," be sure that all the fires you light are completely "out" before you leave them. Camp

fires are a frequent cause of "forest fires." Cigarette and cigar stubs are also a cause of many fires in the home or in the woods. Bonfires are dangerous. The danger of the clothing catching on fire is too serious to make up for the pleasure you may get.

What to Do in Case of Fire:

If your clothing should ever catch on fire, quickly wrap yourself in a rug, blanket, shawl, or large coat. This will "smother" the flames. If you cannot find anything to wrap around you, get down, roll over slowly, and beat out the flames as quickly as you can. Do not stand up and run as this will make the fire burn faster.

If you discover a fire, act quickly. If you are near a "fire-alarm box," follow the directions posted on the box. You may also go to a telephone and report a fire. Act quickly in the best way you can.

If you should ever find yourself in a burning room or building, the first thing to remember is to "keep your head." Remember that smoke rises and there may still be fresh air near the floor. Get on your

To Smother Flames

*Roll over and over on ground or floor.
What is the mother about to do? Why?*

hands and knees, and crawl to the nearest door or window, if possible. It will also help to hold a wet cloth over the mouth to keep out as much smoke as possible. Keep calm and increase your chances for safety.

Burns are very painful. The burn can be made less painful by keeping air away from it. You can do this by covering the burn with baking soda, vaseline, glycerine, olive oil, or salad oil. Bandages should be put on a burn so that they will not stick to it and cause more pain and injury when removed.

Electric Shock:

There is always danger of getting a burn or shock from an electric appliance, such as a light socket, an electrical switch, an electric fan, an electric heater, a radio, a vacuum cleaner, a food mixer, or a fruit juicer.

The main thing to remember is not to stick wires or hairpins into them, and to keep fingers away. It is not a good thing to touch an electric fixture while the current is on, and at the same time touch any other metal or water. People have been killed trying to turn electricity off or on while standing in a bathtub.

Dangers in the Barn:

Be careful about walking in the rear of horses, whether they are in their stalls or not. Some horses are not to be trusted, and a kick from a horse may cause serious injury. Be careful, too, of dangerous play in a hayloft. There is always danger of a bad fall when climbing around at any height, as on high rafters. The prongs of hidden pitch forks are also very dangerous, if one should step or fall on them.

Climbing Trees:

Climbing may be hard on clothes, but it is good exercise, if one is not reckless and does not go too high. The danger in going too high lies in the fact that you may grow dizzy and lose your balance and fall to the ground. There is also the possibility that your hands may slip and cause you to fall. Even if you are strong enough to climb high, there is a chance that a limb of the tree may break.

Beware of Sharp-Pointed Objects:

In and around the home, there are a number of sharp-pointed things that may cause injuries if the proper care is not taken of them. Keep scissors in their proper places. Use them only for the purposes for which they are intended. Do not climb anywhere with a pair of scissors in your hand. Boards with nails sticking up in them should not be left around where they can be stepped on.

Guns and Pistols Are for Adults Only:

Many persons have been killed by guns

or pistols. Run quickly away from anyone who is playing with such dangerous things.

A gun or a pistol should never be pointed at anyone, even if it is not loaded. People have been killed by guns they "thought" were not loaded. Never let anyone point a gun at you. There are many, many safer games to play than the kind that have such dangerous actions in them.

Fireworks and Firecrackers:

Every Fourth of July many boys and girls are burned and injured by fireworks or firecrackers. Many places do not permit their sale because they are so dangerous. The long list of injured children each year spoil the spirit of the celebration.

Instead of dangerous fireworks and firecrackers there can be picnics and programs of sports and games for boys and girls of various ages. Beautiful displays of fireworks are set off in the evening by people who know how to handle them. In this way a town or community can have a splendid Fourth of July that everyone can enjoy in safety.

LEARN BY DOING**Remember—Try to Practice:**

1. A place for everything, and everything in its place.
2. Use care in getting in and out of the bathtub.
3. Stay away from open windows.
4. Use ladders carefully:
Place them properly.
Don't lean too far.
5. Use care in climbing.
6. Fire and matches are dangerous.
7. Use care in touching electrical devices.
8. Avoid things that are sharp or pointed.
9. Firearms are only for adults.
10. Observe a "safe and sane" Fourth of July.

Some Problems to Think About:

1. Name some places where burnt matches can safely be put or thrown.
2. How and where should gasoline or kerosene be kept?
3. How can forest fires be prevented?
4. Name some of the things that cause grown-ups or children to stumble and fall at home.

Activities for Workers:

1. Paste in your notebook a cut-out picture showing neatness and order inside the home.
2. Is there a fire-alarm box near your home? How should you send in an alarm in case of fire?

If you use the telephone, what number should you call? Write this number in your notebook.

KNOWING THAT YOU KNOW

Complete each sentence in Column I by finding the correct ending in Column II. Then copy the sentences on a separate sheet of paper or in your notebook.

Column I

1. A good way to prevent falls is

2. In order to prevent some one from slipping, anything spilled on the floor

3. When in a burning room or building, you should remember that there

4. It is a good thing to stay away from open windows because

5. Climbing is a good exercise but one should

6. Ladders often cause bad falls because they

7. If a playmate has a real gun or pistol,

Column II

(1) you might fall out.

(2) are not properly placed before some one goes up.

(3) should be wiped up right away.

(4) to have a place for everything, and to keep everything in its place.

(5) you should get away from there just as fast as you can.

(6) be careful not to climb too high or take too many risks.

(7) is more fresh air near the floor.

UNIT 23

YOUR SAFETY WHEN AWAY FROM HOME

Better to Be Safe than Sorry

Johnny Goes Riding:

Johnny liked to sit on the front seat of the automobile with his father. They lived in the city where there were many people. Sometimes they had to stop and wait.

"Why do we stop so many times?" he asked.

"Because there is a red light," his father answered. "We cannot go until the light turns green. We have red and green lights to give people a chance to cross the street without being hit by automobiles or run over. They are called traffic lights."

Several times his father went very slowly and blew the horn loudly. There were some children playing nearby, and Johnny's father wanted to be sure they would not run in front of the car. Then Johnny re-



Johnny and His Dad

remembered the boy who lived near him who had been struck by a car.

"I am glad you drove so slowly and that you blow your horn," he told his father.

"It is better to be safe than to be sorry," said his father. "This means not only the driver of the car, but those on foot as well."

How You Can Avoid Danger Safety When Walking:

When you go back and forth to school, choose the safest route (street or road). Walk on the pavements and cross at the places set aside for that purpose. Where there are no sidewalks or pavements, walk

on the *left* side of the road, facing the traffic that is coming toward you. Walk in single file (follow the leader), or not more than two abreast (side by side).

Look Carefully Before You Cross the Street:

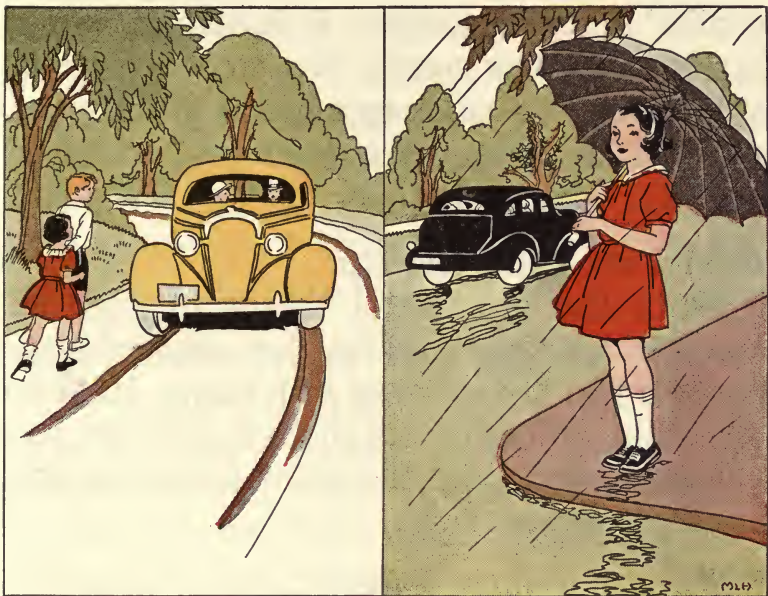
Stop at the corner and look in both directions before you start across the street. If traffic goes both ways, look "left" until you get to the center of the street, and then look "right" until you reach the curb. At railroad crossings, be sure to "Stop, Look, and Listen" *before* you cross.

Obey the Traffic Officer and Traffic Signals:

Many crossings are protected by traffic officers or traffic signals (lights). Look for a traffic officer and his "Go" signal, for a "green" light, or for the proper "Safe" signal, before you cross the street. Remember that the traffic officer is your friend. Obey his signals cheerfully. Wait for the proper signal to cross the street.

Cross Only at Crossings:

Drivers of automobiles and trolley motor-men expect you to cross at street corners or



Where there are no sidewalks, walk facing oncoming traffic. Single file.

One important way to watch where you are going. Ride carefully.

other places set aside for this purpose. Many of the accidents to persons who walk (pedestrians) take place when they attempt to cross a street between the crossings. Be careful never to step out into a street from behind an automobile or wagon.

Walk squarely across the street at the crossings. It is dangerous to walk "diag-

onally" across a corner. It is safer to walk, rather than run across the street, even at crossings. You can keep a better watch when walking and stop more quickly if you need to do so.

Hold Your Umbrella Up:

Umbrellas are useful things to keep off the rain but they may be the cause of accidents if you are careless with them. Hold an umbrella up high enough to see where you are going and keep the point from injuring another person.

Beware of Fallen Wires:

Keep away from fallen wires. You cannot tell by looking at a wire whether it is safe or not. Many persons have been killed by touching fallen wires that carry dangerous electricity through them.

Get On and Off Cars and Buses Carefully:

Be sure to wait until a street car, bus, or railroad train has stopped before you get on or off. Face the front and use the hand rail when you get off. Automobiles are usually not permitted to pass a standing trolley

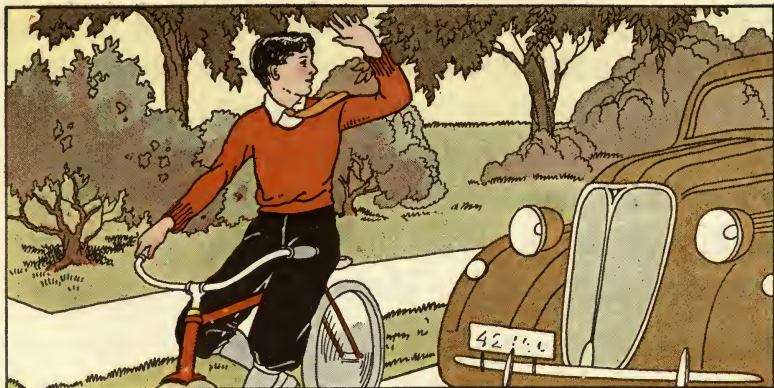
car, but look to see if the way is safe before you step to the street or curb. It is dangerous to pass in front or in the rear of the car you leave. Where *safety zones* are provided, make full use of them to protect yourself from accidents. Wait until the car or bus has gone, then cross the street.

Be Especially Careful on a Bicycle:

If you learn to ride a bicycle, you should learn to ride it safely. Ride close to the curb or the right side of the road. Do not wander all over the street. The drivers of automobiles will be able to pass you more safely when you do this.

Turn corners slowly. This will help you to look out for people who are crossing the street. It will give you time to turn out for parked cars or other obstructions that you cannot see until you have passed the corner.

Automobile drivers are asked to show by the position of an arm or hand when they are going to stop or turn a corner. Bicycle riders will be safer on the streets when they too show in a clear way when they intend to



Learn to make signals before you slow down, stop, or make a turn. What are some good signals to use?

cross to the opposite side of a street, turn a corner, or stop. Do not make quick, unexpected turns or change your mind suddenly.

Keep the bell, whistle, or horn on your bicycle in good working order. It is useful in preventing accidents. A front lamp and a tail light or reflector for bicycle riding at night are safe things to have.

Be Careful With Strangers:

Refuse to accept rides or gifts of any kind from strangers in the street. The person who offers the ride may be doing it merely to please you or may do it to harm you. In

both cases, you will cause much worry and trouble to your parents. It is safest to refuse all rides and gifts from strangers.

Safety at Play

Choose a Safe Place to Play:

Playgrounds, school yards, parks, and vacant lots are safer places to play than in the streets. They are usually better suited to games than the streets. Be willing to walk a little farther, if necessary, to play in a safe place.

If you cannot do this, select games which can be played on the sidewalks or pavements, rather than in the street. If a ball rolls into the street, avoid running quickly after it. Look carefully first. Then get it when it is safe for you to do so. Be sure to remain on the sidewalk when playing "tag." Remember that the streets are for the automobiles and trolleys, and that the playgrounds, parks, yards, vacant lots, and sidewalks are for play. Stealing rides from automobiles or street cars is very dangerous and the cause of many accidents.



Which is better for coasting? Why?

In winter, when it is cold enough, sledding and skating are fine sports. Pick out a safe place to sled. Keep away from busy traffic streets. It is hard to stop a swiftly moving sled on a hill when you see an automobile or a wagon approaching.

Make sure the ice is thick and strong

enough to hold your weight safely before you skate. Keep off thin ice and away from danger spots marked by red flags or lanterns. It is safer and more fun when several people form a skating party. When a number of people are around, it is much easier to help a person who may get into danger on the ice.

In warm weather, swimming is a favorite sport. All boys and girls should learn to swim. No doubt many in your class already know how to swim.

Enjoy swimming but do not take foolish chances. You should not go too far out into deep water, even if you are a good swimmer, unless there is some one near to give you help if you need it. It is not wise to swim right after a meal, or when you are greatly overheated. Persons are likely to get "cramps" and drown when they do this.

LEARN BY DOING

Remember—Try to Practice:

1. When walking on a highway, stay on the left side, facing the traffic.

2. Look carefully before crossing street or road.
3. Obey traffic signs and traffic officers.
4. Coöperate with your safety patrol.
5. Cross at crossings.
6. Use care in getting off:
 Train. Bus.
 Street car. Automobile.
7. Ride a bicycle carefully at all times.
8. Practice SAFETY at play.

Some Problems to Think About:

1. If a stranger should offer you a ride in an automobile, what should you do? Why?
2. Where do you play? Is it safe?

Activities for Workers:

1. Tell how traffic is controlled near your home. Do they have red, yellow, and green signal lights? If so, tell what each means.
2. Have you seen any signs for controlling traffic? What do they say? How are they used?
3. Have you noticed any markings on the streets or highways? What do they say or mean?
4. Cut a picture from a magazine or newspaper showing safety on the street, highway, or at play, and write beneath the picture five important habits to form right.
5. Write in your notebook a list of three safe places to play.

KNOWING THAT YOU KNOW

Finish each sentence in Column I by finding the correct ending in Column II. Copy them on a separate sheet of paper or on a page of your notebook.

Column I

1. When walking along the highway you should walk

2. When crossing the street you should

3. If there is a traffic officer on duty you should

4. It is dangerous to run across a street because

5. When crossing the street on a rainy day, be sure to

6. You should not touch fallen wires because you

7. When riding a bicycle you should keep

8. If a stranger offers to take you anywhere you should

Column II

(1) stop and look in both directions before starting to cross.

(2) you do not have time to look carefully to see if any vehicle is coming toward you.

(3) cannot tell whether they are safe or not.

(4) run quickly away.

(5) in a straight line at the side of the highway.

(6) wait until he sees you and gives you the signal to cross.

(7) hold your umbrella so that you can see any possible danger.

(8) in a single file on the side facing traffic coming toward you.

UNIT 24

FIRST AID

What You Can Do

How Jane Helped:

The boys and girls were playing hide and seek. Suddenly the game stopped. Little Georgia had her hand over her eye. The other boys and girls crowded around.

"I have something in my eye," said Georgia.

The others started to give advice. Some wanted to try to take the speck out.

"No," said Jane, her older sister. "We must be very careful of Georgia's eyes. Let mother try first. She knows what to do."

So the boys and girls took Georgia to Mrs. Baker. Mrs. Baker had once been a nurse and knew just what to do. She took a soft clean handkerchief and folded it into a point. After a moment or two of patience, the speck came out, and the children went out to play again.

"I am so glad you brought Georgia to



First Aid should be given by some one who knows what to do.

me, instead of trying to get it out yourselves," said Mrs. Baker.

In this case, it was the right thing to do to take Georgia to her mother. In other cases, when accidents happen, it is often necessary to give some help, or *first aid*, to the injured person at once. In order to give the greatest help, you should try to keep calm and "cool." If you get excited you may do the wrong thing, or hurt the person still more.

What to Do in Case of Accident

First:

Send word to some grown-up person—

the teacher, a relative, or a doctor. Do this right away—don't wait.

Second:

Let the sick or injured person sit down or lie down. Give him plenty of fresh air. If indoors, get fresh air by opening the windows. If outdoors get the sick one to a quiet spot. Keep the crowd away.

Third—While Waiting:

Nose Bleed. Keep the head up, and the person absolutely quiet—as little movement as possible. Cold applications (ice, cold water, etc.) to the nose may be helpful.

A Bad Cut. Try to stop the bleeding by pressing tightly on or around the cut. Use the fingers or a handkerchief.

Broken Bone. Do as little moving as possible. Keep the broken limb straight by putting a pillow, a coat, or a board under it. Do not let it hang.

A Bad Bruise. Bathe the spot with hot water.

Clothes on Fire. Try to smother the flames by getting the person flat on the

ground, and rolling him over and over. A rug, a big coat, or a piece of carpet can be used to help smother the flames.

Fainting. Keep the sick one flat on the floor or ground, with the head low so that the blood goes back to the head. Bathe the face with cool water. Fan fresh air across the face.

Sprains. Bathe with either hot or cold water. Use the sprained part as little as possible for a few days.

LEARN BY DOING

Remember—Try to Practice:

In case of accident or sudden illness:

1. Keep cool.
2. Send for help.
3. Have the injured person lie quietly.
4. Give plenty of fresh air.

Some Problems to Talk About:

1. Why should you always send for help?
2. Why is it necessary that you keep cool?
3. Why should the sick or injured person lie down?
4. For whom should you send in case of accident or sudden illness?

Activities for Workers:

1. Do you have a book at home that tells what to do in case of accident or sudden illness? What is it called? If possible, bring a copy to school to show your classmates.
2. Draw a picture showing some children giving First Aid to a playmate.

KNOWING THAT YOU KNOW

Complete the sentences in Column I by selecting the correct ending for each one from Column II. Write the complete sentences on a piece of paper.

Column I

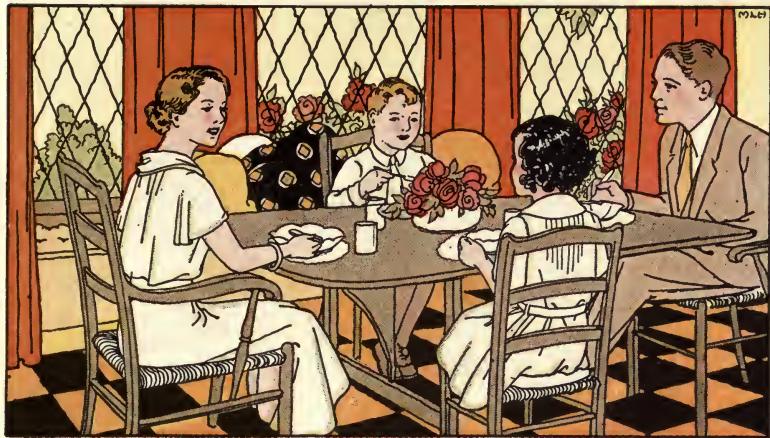
1. The first thing for you to do in case of an accident is to
2. In the case of nose bleed, it is a good thing to
3. The way to stop bleeding of a bad cut is to
4. In case a bone appears to be broken, you should try to
5. When the clothing is on fire, you should
6. In case of fainting, you should

Column II

- (1) press tightly on or around it.
- (2) do as little moving as possible.
- (3) try to smother the flames.
- (4) send for some grown-up person for help.
- (5) keep the head up, and the person quiet.
- (6) keep the sick one flat on the floor with the head low. Bathe face with cool water, and fan fresh air across face.

USEFUL INFORMATION AND SUGGESTIONS

DAILY PROGRAM FOR THE SCHOOL CHILD (Age 8 to 12 years)



MORNING

Rise early so that you will not need to rush.

A bath or a good wash on arising. Clean teeth.

Put on clean clothing.

Take time to eat a good breakfast. If possible, include well-cooked cereal.

After breakfast, go to the toilet, regularly every day.

Lunch of milk and crackers in the middle of the morning.

A warm meal, or at least one warm dish or drink at noon.



AFTERNOON

After school, be sure to play outdoors in the fresh air and sunshine.

Mid-afternoon lunch of milk and crackers, or some fruit.

Rest quietly for at least one-half hour.

Play quietly, read, or rest just before the evening meal.

Be sure to eat some fresh vegetables or fresh fruit with the evening meal.

Rest for awhile after the meal.



EVENING

Go to bed early, so that you can arise early in the morning without being called.

For quiet sleep and "sweet dreams" avoid thrills or too great excitement just before going to bed.

Visit the toilet in order that your rest may not be disturbed.

Take a warm bath or a good wash. This is the most important time for cleaning the teeth.

Hang up day clothing carefully. Put on fresh night clothing.

Plenty of fresh air in the bedroom, but no drafts.

Enough covers, but not too many. If you have too many or too few, your rest will be disturbed.



GENERAL RULES

Play fairly. Learn to get along pleasantly with others.

Balance all things. Alternate work, play, and rest.

Do not carry anything to an extreme. Be moderate.

Breathe fresh air at all times, indoors or out.

Eat and drink at least one quart of milk daily.

Learn to like fresh fruits and fresh vegetables.

Eat at least one green leafy vegetable each day.

Wash before meals. Eat and drink slowly.

Brush teeth after meals.

Eat very little candy or sweets between meals. They are best taken as dessert at the end of or immediately after meals.

Make no exceptions. Include Sundays and holidays on your health program. Then there will be no "blue" Mondays.

Have any physical defects corrected immediately.



THE SCHOOL DOCTOR AND THE SCHOOL NURSE

The school doctor and the school nurse are two very good friends, although you may not see them very often. They are there to protect your health and the health of the other boys and girls. If you have a throat that is a little sore, it will be a good thing to let the doctor or the nurse look at it.

In many places the doctor gives each pupil a medical or physical examination once a year. If he makes any recommendations, pay careful attention to them. All physical defects should be corrected as soon as possible.

AN INEXPENSIVE QUART OF TOOTH POWDER

"If you secure a clean, dry Mason jar, quart size, nearly any druggist will put up the following formula for a tooth powder at little cost. Do not use it immediately, but shake it thoroughly, now and then, for the first twenty-four hours. This will mix the powders and permit the oils to have sufficient time to permeate all of the ingredients.

"When using, place some of the powder in a small, wide-mouthed bottle and then shake some of the powder onto the toothbrush that has previously been thoroughly wet. Keep the bottle and the Mason jar tightly closed.

Formula for Tooth Powder

Finest grade English precipitated chalk	.1/2 pound
Powdered Castile soap1 3/4 ounces
Light carbonate of magnesia1/3 ounce
Oil of clove46 drops
Oil of wintergreen35 drops
Oil of sassafras35 drops
Oil of peppermint18 drops
Saccharine, finely powdered4 grains."

(Extract from directions on Care of the Teeth, issued by City Board of Health, Bridgeport, Connecticut.)

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